

KAC TRAINING SCHEDULE

2026-2027

Sept 3rd, 2026

<u>NATIONAL</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	OFF	6:00am - 6:15am ACT 6:15am - 7:30am SW LCM	OFF	6:00am - 6:15am ACT 6:15am - 7:30am SW LCM (14yrs & Older)	6:00am - 6:15am ACT 6:15am - 8:15am SW LCM 8:30am - 9:30am DL	OFF
<u>PM</u>	3:30pm to 4:30pm DL 4:45pm - 6:30pm SW	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW	3:30pm to 4:30pm DL 4:45pm - 6:30pm SW	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW SCM	4:15pm - 4:30pm ACT 4:30pm - 6:30pm SW SCM	OFF	OFF
<u>PROVINCIAL</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	OFF	6:00am - 6:15am ACT 6:15am - 7:30am SW LCM (13yrs & Over)	OFF	OFF	6:00am - 6:15am ACT 6:15am - 8:15am SW LCM	OFF
<u>PM</u>	4:45pm - 5:00pm ACT 5:00pm - 6:30pm SW SCM 6:30pm to 7:30pm DL	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW SCM	4:45pm - 5:00pm ACT 5:00pm - 6:30pm SW SCM	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW SCM	3:30pm to 4:30pm DL 4:45pm - 6:30pm SW	OFF	OFF
<u>REGIONAL</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	6:00am - 6:15am ACT 6:15am - 7:30am SW SCM (11yrs & Older)	OFF	OFF		6:45am - 7:00am ACT 7:00am - 8:30am SW LCM	OFF
<u>PM</u>	3:15pm - 3:30pm ACT 3:30pm - 4:45pm SW SCM		3:15pm - 3:30pm ACT 3:30pm - 4:45pm SW SCM 5:00pm to 5:45pm DL		3:15pm - 3:30pm ACT 3:30pm - 4:45pm SW SCM 5:00pm to 5:45pm DL	OFF	OFF
<u>AGE GROUP</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	OFF	OFF	OFF	OFF	6:45am - 7:00am ACT 7:00am - 8:30am SW LCM (Comp Reg - 4th Practice)	OFF
<u>PM</u>	6:15pm - 6:30pm ACT 6:30pm - 7:30pm SW SCM	OFF	6:15pm - 6:30pm ACT 6:30pm - 7:30pm SW SCM	OFF	6:15pm - 6:30pm ACT 6:30pm - 7:30pm SW SCM	OFF	OFF
<u>JUNIOR</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	OFF	OFF	OFF	OFF	OFF	OFF
<u>PM</u>	3:45pm - 4:00pm ACT 4:00pm - 5:00pm SW SCM	OFF	3:45pm - 4:00pm ACT 4:00pm - 5:00pm SW SCM	OFF	3:15pm - 3:30pm ACT 3:30pm - 4:30pm SW SCM	OFF	OFF

***ACT = Activation, SW = Swim, SCM/LCM = Lanes, DL = Dryland Training - September 3rd, 2026