

# **KCS TRAINING SCHEDULE**

## **2025-2026**



TIER 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	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	6:00am - 6:15am ACT 6:15am - 8:15am SW LCM 8:30am - 9:15am DL	OFF
PM	4:15pm - 4:30pm ACT 4:30pm - 6:30pm SW SCM	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW SCM 6:15pm - 7:00pm DL	4:15pm - 4:30pm ACT 4:30pm - 6:30pm SW SCM	3:45pm - 4:00pm ACT 4:00pm - 6:00pm SW SCM 6:30pm - 7:30pm DL TCSC	4:15pm - 4:30pm ACT 4:30pm - 6:30pm SW LCM	OFF	OFF
TIER 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	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	6:00am - 6:15am ACT 6:15am - 8:15am SW LCM	OFF
PM	4:45pm - 5:00pm ACT 5:00pm - 6:30pm SW SCM 6:45pm - 7:45pm 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 6:30pm - 7:30pm DL TCSC	4:45pm - 5:00pm ACT 5:00pm - 7:00pm SW LCM	OFF	OFF
TIER 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	6:00am - 6:15am ACT 6:15am - 7:30am SW LCM	6:45am - 7:00am ACT 7:00am - 8:30am SW LCM 8:45am to 9:30am DL	OFF
PM	4:45pm - 5:00pm ACT 5:00pm - 6:30pm SW SCM 7:00pm - 8:00pm DL TCSC	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	OFF	OFF	OFF
AGE GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	6:45am - 7:00am ACT 7:00am - 8:30am SW LCM	OFF
PM	4:15pm - 4:30pm ACT 4:30pm - 6:00pm SW SCM 6:10pm - 6:30pm DL	OFF	4:15pm - 4:30pm ACT 4:30pm - 6:30pm SW SCM	OFF	4:15pm - 4:30pm ACT 4:30pm - 6:00pm SW LCM 6:10pm - 6:30pm DL	OFF	OFF
JUNIOR	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	3:15pm - 3:30pm ACT 3:30pm - 5:00pm SW SCM	OFF	3:15pm - 3:30pm ACT 3:30pm - 5:00pm SW SCM	OFF	3:15pm - 3:30pm ACT 3:30pm - 5:00pm SW LCM	OFF	OFF
NOVICE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	3:15pm - 3:30pm ACT 3:30pm - 4:30pm SW SCM	OFF	3:15pm - 3:30pm ACT 3:30pm - 4:30pm SW SCM	OFF	3:15pm - 3:30pm ACT 3:30pm - 4:30pm SW LCM	OFF	OFF
SWIM X	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	OFF	OFF	OFF	OFF	OFF	OFF	OFF
PM	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	OFF

\*\*\*ACT = Activation, SW = Swim, SCM/LCM = Lanes, DL = Dryland Training - January 5th, 2026