

LSC 2026-2027 Training Schedule

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lakeshore Performance	AM	5:30-7:30 OLY		5:30-7:30 OLY		5:30-7:30 OLY	8:00-10:00 WT	
	PM	3:30-5:30 OLY 5:30-6:30 OLY Dry	3:30-5:30 OLY 5:30-6:30 OLY Dry	3:30-5:30 OLY 5:30-6:30 OLY Dry	3:30-5:30 OLY 5:30-6:30 OLY Dry	4:00-5:30 KL		
Senior	AM			5:30-7:15 ALD		5:30-7:15 ALD	6:00-7:30 MEM	
	PM	3:30-5:30 OLY 5:30-6:30 OLY Dry	4:00-6:00 GUS	3:30-5:00 OLY 5:00-6:00 OLY Dry	4:30-5:30 OLY Dry 5:30-7:15 OLY	5:30-7:00 KL		
Junior Provincial	AM		5:30-7:30 OLY		5:30-7:30 OLY		7:15-9:15 GUS	
	PM	4:30-5:30 OLY Dry 5:30-7:30 OLY	4:30-5:30 OLY Dry 5:30-7:15 OLY	4:30-5:00 OLY Dry 5:00-6:30 OLY	4:00-6:00 GUS	5:30-7:00 KL		
Regional	AM			5:30-7:15 ALD		5:30-7:15 ALD	6:00-7:30 MEM	
	PM	3:30-5:30 OLY 5:30-6:30 OLY Dry	4:00-6:00 GUS	3:30-5:00 OLY 5:00-6:00 OLY Dry				
Advanced	AM			5:30-7:00 MEM			7:15-9:15 GUS	
	PM	5:00-5:30 OLY Dry 5:30-7:30 OLY	5:30-6:00 GUS Dry 6:00-7:30 GUS		5:30-6:00 GUS Dry 6:00-7:30 GUS	5:30-7:30 GUS		
Blue	AM						7:15-9:15 GUS	
	PM	5:30-7:30 GUS		5:00-5:30 OLY Dry 5:30-6:30 OLY	6:00-7:30 GUS	5:30-6:30 GUS 6:30-7:00 GUS Dry		
Yellow	AM						7:45-9:15 GUS	
	PM	6:00-6:30 GUS Dry 6:30-7:30 GUS		5:30-7:00 KL		6:00-6:30 GUS Dry 6:30-7:30 GUS		