



National - Provincial - Senior Competitive - Regional

2025-2026 OSC Schedule - Regular Ongoing

National

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am to 5:30am ACT		5:15am to 5:30am ACT		7:30am to 8:30am RD	7:00am to 7:15am ACT
	5:30am to 7:30am Swim		5:30am to 7:30am Swim		8:45am to 10:45am Swim	7:15am to 9:15am Swim
	UofA WEST SCM		UofA WEST SCM		Kinsmen DSM LCM	9:15am to 9:45am DL
						Kinsmen DSM LCM
		3:15pm to 3:30pm ACT				
	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	4:00pm to 5:00pm LIFT		
	3:30pm to 5:30pm Swim	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim		
	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM LCM		

Provincial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am to 5:45am ACT		5:30am to 5:45am ACT		5:30am to 5:45am ACT		
5:45am to 7:30am Swim		5:45am to 7:30am Swim		5:45am to 7:30am Swim		
Location TBC		Kinsmen DSM SCM		Kinsmen TP LCM		
	3:15pm to 3:30pm ACT				2:30pm to 2:45pm ACT	
	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	4:45pm to 5:00pm ACT		2:45pm to 4:45pm Swim	
	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim		5:00pm to 6:00pm LIFT	
	Kinsmen TP SCM	Kinsmen TP SCM	UofA WEST SCM		Kinsmen DSM LCM	

Senior Competitive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am to 5:45am ACT		5:30am to 5:45am ACT		7:30am to 8:30am RD	
	5:45am to 7:30am Swim		5:45am to 7:30am Swim		8:45am to 10:45am Swim	
	Kinsmen DSM SCM		Kinsmen TP SCM		Kinsmen DSM LCM	
4:00pm to 5:00pm LIFT	4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT	3:15pm to 3:30pm ACT			
5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	3:30pm to 5:30pm Swim	4:15pm to 5:15pm LIFT		
Kinsmen DSM LCM	UofA WEST SCM	UofA EAST SCY	Kinsmen TP SCM	Kinsmen Sports Centre		

Regional

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am to 5:45am ACT		5:30am to 5:45am ACT		7:30am to 8:30am RD	
	5:45am to 7:30am Swim		5:45am to 7:30am Swim		8:45am to 10:45am Swim	
	Kinsmen DSM SCM		Kinsmen DSM SCM		Kinsmen DSM LCM	
3:15pm to 3:30pm ACT		4:30pm to 5:00pm DL		4:30pm to 5:00pm DL		
3:30pm to 5:30pm Swim		5:00pm to 7:00pm Swim		5:00pm to 7:00pm Swim		
Kinsmen TP SCM		UofA WEST SCM		UofA WEST SCM		

Legend - July 16th, 2025

Kinsmen DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)

Kinsmen TP - Kinsmen Sports Centre (Training Pool)

UofA WEST - University of Alberta West Training Pool

UofA EAST - University of Alberta East Training Pool

ACT - Activation on deck

DL - Dryland Training

RD - Rotating Dryland

LIFT - Weight Room Training

Swim - Swim Training