



National - Provincial - Regional - Senior Competitive

2025-2026 February to June Schedule

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 LIFT	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	Peter Hemingway LCM
		3:15pm to 3:30pm ACT		3:15pm to 3:30pm ACT		
	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim		
	3:30pm to 5:30pm Swim	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	6:00pm to 7:00pm LIFT		
	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM SCM	Peter Hemingway LCM		

Provincial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30am to 5:45am ACT		5:30am to 5:45am ACT	6:45am to 7:00am ACT	
5:30am to 7:30am Swim		5:45am to 7:30am Swim		5:45am to 7:30am Swim	7:00am to 9:00am Swim	
Clareview SCM		Kinsmen DSM SCM		Kinsmen TP LCM	9:15am to 10:15am LIFT	
	3:15pm to 3:30pm ACT				Peter Hemingway LCM	
	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	4:45pm to 5:00pm ACT			
	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim			
	Kinsmen TP SCM	Kinsmen TP SCM	UofA West SCM			

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 DL	
	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	
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		

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 LIFT	
	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	6:00pm to 7:00pm LIFT		
Kinsmen DSM LCM	UofA West SCM	UofA East SCY	Kinsmen TP SCM	Peter Hemingway		

Legend - last updated February 9, 2026

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

Peter Hemingway - Peter Hemingway Aquatic Centre/Coronation Park Recreation Centre

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

Swim - Swim Training