



National - Provincial - Regional - Senior Competitive 2025-2026 May 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 7:30am Swim | | 5:30am to 5:45am ACT | | 5:30am to 5:45am ACT | 5:45am to 6:00am ACT | |
| Clareview SCM | | 5:45am to 7:30am Swim | | 5:45am to 7:30am Swim | 6:00am to 8:00am Swim | |
| | | Kinsmen DSM SCM | | Kinsmen TP LCM | 8:00am to 9:00am LIFT | |
| | 3:15pm to 3:30pm ACT | | | | Peter Hemingway LCM | |
| | 3:30pm to 5:30pm Swim | 3:15pm to 3:30pm ACT | 3:45pm to 4:00pm ACT | | | |
| | 5:30pm to 6:30pm LIFT | 3:30pm to 5:30pm Swim | 4:00pm to 6:00pm Swim | | | |
| | Kinsmen TP SCM | Kinsmen TP SCM | UofA East SCY | | | |

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 | | 4:00pm to 6:00pm Swim | | 4:00pm to 6:00pm Swim | | |
| 3:30pm to 5:30pm Swim | | 6:00pm to 6:30pm DL | | 6:00pm to 6:30pm DL | | |
| Kinsmen TP SCM | | UofA East SCY | | UofA East SCY | | |

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 | 3:45pm to 4:00pm ACT | 3:45pm to 4:00pm ACT | 3:15pm to 3:30pm ACT | | | |
| 5:00pm to 7:00pm Swim | 4:00pm to 6:00pm Swim | 4:00pm to 6:00pm Swim | 3:30pm to 5:30pm Swim | 6:00pm to 7:00pm LIFT | | |
| Kinsmen DSM LCM | UofA East SCY | 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