



National - Provincial - Regional - Senior Competitive

2025-2026 OSC Schedule - February to April

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

Provincial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30am to 5:45am ACT		5:30am to 5:45am ACT	5:45am to 6:00am ACT	
5:30am to 7:30am Swim		5:45am to 7:30am Swim		5:45am to 7:30am Swim	6:00am to 8:00am Swim	
Clareview SCM		Kinsmen DSM SCM		Kinsmen TP LCM	Peter Hemming LCM	
	3:15pm to 3:30pm ACT					
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	5:00pm to 6:00pm LIFT		
Kinsmen DSM LCM	UofA West SCM	UofA East SCY	Kinsmen TP SCM	Kinsmen Sports Centre		

Legend - September 22nd, 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

LIFT - Weight Room Training

Swim - Swim Training