

National July Training

| Week of: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-------------------|---|---|---|---|--|---|
| June 28 to July 4 | No Training | 11:45am - 12:00pm ACT 12:00pm - 2:00pm Swim Kinsmen DSM | 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 11:45am - 12:00pm ACT 12:00pm - 2:00pm Swim Kinsmen DSM | EKI - No Training | EKI - No Training | EKI - No Training |
| July 5 to July 11 | EKI - No Training | OFF | Non-Canadian Trials combined with Provincial | Non-Canadian Trials combined with Provincial | Non-Canadian Trials combined with Provincial | Non-Canadian Trials combined with Provincial | Non-Canadian Trials combined with Provincial |
| July 12 to July 18 | No Training | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 8:30am - 8:45am ACT 8:45am - 10:45am Swim Kinsmen DSM |
| July 19 to July 25 | No Training | 3:30pm - 3:45pm ACT 3:45pm - 5:45pm Swim Kinsmen DSM | 1:30pm - 1:45pm ACT 1:45pm - 3:45pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am - 9:45am Swim Kinsmen DSM | Provincial Champs | Provincial Champs | Provincial Champs |

Provincial/ Senior Competitive July Training

| Week of: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-------------------|---|---|---|---|---|---|
| June 28 to July 4 | No Training | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM | 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 11:45am - 12:00pm ACT 12:00pm - 2:00pm Swim Kinsmen DSM | EKI - No Training | EKI - No Training | EKI - No Training |
| July 5 to July 11 | EKI - No Training | OFF | 1:15pm - 1:30pm ACT 1:30pm - 3:30pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 1:30pm - 1:45pm ACT 1:45pm - 3:45pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM | 5:45am - 6:00am ACT 6:00am - 8:00am Swim Peter Hemmingway |
| July 12 to July 18 | No Training | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM | 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM | 5:45am - 6:00am ACT 6:00am - 8:00am Swim Peter Hemmingway |
| July 19 to July 25 | No Training | 7:30am - 7:45am ACT 7:45am to 9:45am Swim Kinsmen DSM | 1:30pm - 1:45pm ACT 1:45pm - 3:45pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am - 9:45am Swim Kinsmen DSM | Provincial Champs | Provincial Champs | Provincial Champs |

Regional & JAG Qualifiers July Training

| Week of: | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-------------------|---|--|---|--|--|---|
| June 28 to July 4 | No Training | 7:30am - 7:45am ACT 7:45am to 9:30am Swim Kinsmen DSM | | 11:45am - 12:00pm ACT 12:00pm - 2:00pm Swim Kinsmen DSM | EKI - No Training | EKI - No Training | EKI - No Training |
| July 5 to July 11 | EKI - No Training | OFF | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | 8:30am - 8:45am ACT 8:45am - 10:45am Swim Kinsmen DSM |
| July 12 to July 18 | No Training | | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM | | 5:30am - 5:45am ACT 5:45am - 7:45am Swim Kinsmen DSM | | 8:30am - 8:45am ACT 8:45am - 10:45am Swim Kinsmen DSM |
| | | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen TP | | 3:45pm - 4:00pm ACT 4:00pm - 6:00pm Swim Kinsmen DSM | |
| July 19 to July 25 | No Training | 3:30pm - 3:45pm ACT 3:45pm - 5:45pm Swim Kinsmen DSM | 1:30pm - 1:45pm ACT 1:45pm - 3:45pm Swim Kinsmen DSM | 7:30am - 7:45am ACT 7:45am - 9:45am Swim Kinsmen DSM | Provincial Champs | Provincial Champs | Provincial Champs |