

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	3:45pm - 4:00pm ACT 4:00pm - 6:00pm 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	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	1:45pm - 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 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	1:45pm - 2:00pm ACT 2:00pm - 4:00pm Swim Kinsmen DSM	11:45am - 12:00pm ACT 12:00pm - 2:00pm 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	3:45pm - 4:00pm ACT 4:00pm - 6:00pm 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	Provincial Champs	Provincial Champs	Provincial Champs