



National - Provincial - Senior Competitive - Regional

September 2025

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 TP SCM	9:15am to 10:15am LIFT
						Kinsmen TP SCM
		4:15pm to 5:00pm DL	4:45pm to 5:00pm ACT	4:15pm to 4:30pm ACT		
		5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	4:30pm to 6:30pm Swim		
		UofA WEST SCM	UofA WEST SCM	CVCRC SCM		

Special Notes:

Week 1 (Sept 8th to 14th) Thursday AM practice OFF

Week 2 & 3 (Sept 15th to 28th+) Full posted schedule

Regular Schedules expected to resume on Monday September 29th (TBD)

Provincial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am to 7:00am Swim		5:30am to 5:45am ACT		5:30am to 5:45am ACT		
CVCRC SCM		5:45am to 7:30am Swim		5:45am to 7:30am Swim		
		UofA WEST SCM		Kinsmen TP 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			

Special Notes:

Week 1 (Sept 8th to 14th) morning practices (Mon/Wed/Fri) OFF

Week 2 (Sept 15th to 21st) Wednesday morning practice OFF

Week 3 (Sept 22nd to 28th+) Full posted schedule

Regular Schedules expected to resume on Monday September 29th (TBD)

Legend - July 30th, 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

CVCRC - Clareview Community Recreation Centre

ACT - Activation on deck

DL - Dryland Training

RD - Rotating Dryland

LIFT - Weight Room Training

Swim - Swim Training



National - Provincial - Senior Competitive - Regional

September 2025

Senior Competitive

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	5:30am to 5:45am ACT		5:30am to 5:45am ACT			7:00am to 7:15am ACT
	5:45am to 7:30am Swim		5:45am to 7:30am Swim			7:15am to 9:15am Swim
	UofA WEST SCM		Kinsmen TP SCM			Kinsmen TP SCM
	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	3:30pm to 5:30pm Swim	5:00pm to 6:00pm LIFT		
	UofA WEST SCM	UofA EAST SCY	Kinsmen TP SCM	Kinsmen Sports Centre		

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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	
	CVCRC SCM		UofA WEST SCM		Kinsmen TP SCM	
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		

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LIFT - Weight Room Training

Swim - Swim Training