



National - Provincial - Regional - Senior Competitive

Winter Camp 2024-2025 Kinsmen Sports Centre

National

Fri Dec 27th	Sat Dec 28th	Sun Dec 29th	Mon Dec 30th	Tues Dec 31st	Thurs Jan 2nd	Fri Jan 3rd	Sat Jan 4th	Sun Jan 5th
5:45am to 6:00am ACT			6:45am to 7:00am ACT	5:45am to 6:00am ACT		5:45am to 6:00am ACT	7:45am to 8:45am LIFT	7:45am to 8:00am ACT
6:00am to 8:00am SW			7:00am to 9:00am SW	6:00am to 8:00am SW		6:00am to 8:00am SW	8:45am to 10:45am SW	8:00am to 10:00am SW
8:00am to 9:00am Yoga			9:00am to 10:00am LIFT	DSM 5 SCM		DSM 4 LCM	TP 4 SCM	TP 5 SCM
DSM 4 LCM			DSM 5 SCM	DSM 5 SCM				
	11:45am to 12:00pm ACT	11:45am to 12:00pm ACT			3:45pm to 4:00pm ACT	2:45pm to 3:00pm ACT		
4:45pm to 5:00pm ACT	12:00pm to 3:00pm SW	12:00pm to 3:00pm SW		1:45pm to 2:00pm ACT	4:00pm to 6:00pm SW	3:00pm to 5:00pm SW		
5:00 to 7:00pm SW	3:00pm to 4:00pm LIFT	3:30pm to 4:30pm Yoga		2:00pm to 4:00pm SW	6:00pm to 7:00pm LIFT	5:30pm to 6:30pm Yoga		
DSM 4 LCM	DSM 4 LCM	DSM 4 LCM		DSM 4 SCM	DSM 5 SCM	DSM 4 LCM		

Provincial

Fri Dec 27th	Sat Dec 28th	Sun Dec 29th	Mon Dec 30th	Tues Dec 31st	Thurs Jan 2nd	Fri Jan 3rd	Sat Jan 4th	Sun Jan 5th
5:45am to 6:00am ACT			6:45am to 7:00am ACT		6:45am to 7:00am ACT	5:45am to 6:00am ACT	8:30am to 8:45am ACT	
6:00am to 8:00am SW			7:00am to 9:00am SW		7:00am to 9:00am SW	6:00am to 8:00am SW	8:45am to 10:45am SW	
8:00am to 9:00am Yoga			DSM 5 SCM		9:00am to 10:00am DL	DSM 4 LCM	TP 4 SCM	
DSM 4 LCM					DSM 5 SCM			
	11:15am to 12:15am LIFT					2:45pm to 3:00pm ACT		
4:45pm to 5:00pm ACT	12:15pm to 3:15pm SW	11:45am to 12:00pm ACT	3:45pm to 4:00pm ACT	1:00pm to 2:00pm LIFT		3:00pm to 5:00pm SW		
5:00 to 7:00pm SW	3:30pm to 4:30pm Yoga	12:00pm to 3:00pm SW	4:00pm to 6:00pm SW	2:00pm to 4:00pm SW		5:30pm to 6:30pm Yoga		
DSM 4 LCM	DSM 4 LCM	DSM 4 LCM	DSM 5 SCM	DSM 4 SCM		DSM 4 LCM		

Regional

Fri Dec 27th	Sat Dec 28th	Sun Dec 29th	Mon Dec 30th	Tues Dec 31st	Thurs Jan 2nd	Fri Jan 3rd	Sat Jan 4th	Sun Jan 5th
	9:45am to 10:00am ACT	7:45am to 8:00am ACT			6:45am to 7:00am ACT			
	10:00am to 12:00pm SW	8:00am to 10:00am SW			7:00am to 9:00am SW			
	TP 6 SCM	TP 6 SCM			DSM 5 SCM			
12:00pm to 1:00pm DL			3:00pm to 4:00pm DL	1:45pm to 2:00pm ACT	3:45pm to 4:00pm ACT		1:00pm to 2:00pm DL	
1:00pm to 3:00pm SW			4:00pm to 6:00pm SW	2:00pm to 4:00pm SW	4:00pm to 6:00pm SW		2:00pm to 3:30pm SW	
DSM 4 LCM			DSM 5 SCM	DSM 4 SCM	TP 6 SCM		TP 4 SCM	

Senior Competitive

Fri Dec 27th	Sat Dec 28th	Sun Dec 29th	Mon Dec 30th	Tues Dec 31st	Thurs Jan 2nd	Fri Jan 3rd	Sat Jan 4th	Sun Jan 5th
	7:45am to 8:00am ACT	9:45am to 10:00am ACT		5:45am to 6:00am ACT				
	8:00am to 10:00am SW	10:00am to 12:00pm SW		6:00am to 8:00am SW				
	TP 6 SCM	TP 6 SCM		DSM 5 SCM				
12:00pm to 1:00pm DL			3:00pm to 4:00pm LIFT	1:45pm to 2:00pm ACT	3:00pm to 4:00pm LIFT	3:45pm to 4:00pm ACT		
1:00pm to 3:00pm SW			4:00pm to 6:00pm SW	2:00pm to 4:00pm SW	4:00pm to 6:00pm SW	4:00pm to 6:00pm SW		
DSM 4 LCM			TP 6 SCM	DSM 4 SCM	DSM 5 SCM	TP 5 SCM		

Legend - December 4th,, 2024

Kinsmen DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)

Kinsmen TP - Kinsmen Sports Centre (Training Pool)

****No Practice on Wednesday January 1st - ALL GROUPS****

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

SW - Swim Training

Yoga - Yoga Class