

Provincial Training Schedule 2026-2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Provincial			5:30-7:30am UC		5:30-7:30am UC		Weights 9:30-10:30am
							10:30-12:30 UC
				Weights 4:45-5:45pm			
	4:00-6:00pm SD	5:30-7:30pm UC		5:45-7:00pm UC			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Provincial Lite							10:30-12:30 UC
							Weights 12:30-1:30pm
					Weights 4:00-5:00pm		
		7:30-9:00pm UC	8:00-9:00pm RR			3:00-5:00pm UC	

UC – University of Calgary / CH – Churchill Pool / SD – Shouldice Pool / RR – Rocky Ridge YMCA

Updated Sept 2, 2026