Vernon Kokanee Training Schedule November 2026 (VRC)

Sr / Performance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM		Activation - 5:45 Pool - 6:00-7:30	Activation - 5:45 Pool - 6:00-7:30	SP ONLY Activation - 5:45 Pool - 6:00-7:30		Activation - 6:15 Pool - 6:30-8:30	
PM	Activation - 3:45 Pool - 4:00-6:00 Dryland - 6:00-6:30	Activation - 3:45 Pool - 4:00-6:00	Off	Activation - 3:45 Pool - 4:00-6:00 Dryland - 6:00-6:30	Activation - 3:45 Pool - 4:00-6:00		

Junior Performance	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			Activation - 5:45 Pool - 6:00-7:30			Activation - 6:15 Pool - 6:30-8:30	
PM	Activation - 3:45 Pool - 4:00-5:30 Dryland - 5:30-6:00	Activation - 3:45 Pool - 4:00-5:30	Activation - 3:45 Pool - 4:00-6:00 Dryland - 6:00-6:30	OFF	Activation - 3:45 Pool - 4:00-6:00		

Development	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 6:15 Pool - 6:30-8:30	
PM	Activation - 5:45 Pool - 6:00-7:00	Activation - 5:45 Pool - 6:00-7:00	Activation -5:45 Pool - 6:00-7:00	Activation - 4:45 Pool - 5:00-7:00	Off		

Junior Development	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 8:15 Pool - 8:30-9:30	
PM	Activation - 5:45 Pool 6:00-7:00)		Activation - 5:45 Pool 6:00-7:00)		Activation - 5:45 Pool 6:00-7:00)		

PARA	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						8:30-9:30	
PM		5:00-6:00					