

2024-2025 -Training Schedule CALGARY

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performance	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am		Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45am	Swim - 5:30 - 7:00 am - MNP	7:00 - 9:00 am MNP
	Swim - 4:15 - 6:15 pm - VV	Swim - 4:15 - 6:15 pm - VV	Swim - 4:00 - 6:00 pm - MNP (Via Invite Only)			
Train to Train - 7 (T2T - 7)		Swim - 5:30 - 7:00 am - MNP	Swim - 5:30 - 7:00am - VV	Swim - 5:30 - 7:00 am - MNP	Swim - 5:30 - 7:00am - MNP	7:00 - 8:45 am VV
	Swim - 4:15 - 6:15 pm - VV	Swim - 4:15 - 6:15 pm - VV				
Train to Train - 5 (T2T - 5) **(1 per day only)**	Swim - 5:30 - 7:00am - VV	Swim - 5:30 - 7:00am - VV			Swim - 5:45 - 7:15 am - RR (Thur PM or Fri AM)	10:30-12noon MNP
		Swim - 4:30 - 6:00 pm - MNP (5-10 Swimmer MAX)	Swim - 4:15 - 6:15 pm - VV	Swim - 4:30 - 6:00 pm - MNP (5-10 Swimmer MAX)		
Learn To Train - 4 (L2T - 4)				Swim - 5:30 - 7:00am - VV		
	Swim - 4:00 - 6:00 pm - TH		Swim - 4:00 - 6:00 pm - TH		Swim - 4:15 - 6:15 pm - VV	
Development						7:15-8:45am RR
		Dryland - 4:30 - 5:00 pm Swim - 5:00 - 6:00 pm - TH		Dryland - 4:30 - 5:00 pm Swim - 5:00 - 6:00 pm - TH	Activation - 4:15 - 4:30 pm Swim - 4:30 - 6:00 pm - TH	
MNP - Formerly Repsol Centre	RR - Rocky Ridge	GP - Genesis Place	TH - Thornhill Pool	VV-Vivo Pool		