

2025-26 LASC Weekly Training Schedule - V1

All Practices at Max Bell Aquatic Centre at the University of Lethbridge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Academy		6:00-7:00 am		6:00-7:00 am		8:00-9:45 am
8/week	2:30-5:15 pm	2:30-4:00 pm	2:30-5:15 pm	2:30-4:00 pm	1:15-4:00 pm	
National		6:00-7:00 am		6:00-7:00 am		8:00-9:45 am
6-7/week	4:00-6:45 pm*	4:00-5:30 pm	4:00-6:45 pm*	4:00-5:30 pm	1:15-4:00 pm*	
Jr National				6:00-7:00 am		8:00-9:30 am
5-6/week	4:00-6:45 pm*	4:00-5:30 pm		4:00-5:30 pm	2:15-5:00 pm*	
Provincial 2						9:30-10:45 am
4-5/week	4:50-6:05 pm	4:15-6:05 pm*		4:15-6:05 pm*	4:00-5:15 pm	
Provincial 1						9:30-10:45 am
3-4/week	4:15-6:05 pm*		4:15-6:05 pm*		4:00-5:15 pm	
Olympic Way 1						9:30-10:45 am
3-4/week		5:05-6:05 pm		5:05-6:05 pm	5:00-6:00 pm	
Olympic Way 2						9:30-10:45 am
3-4/week	5:05-6:05 pm		5:05-6:05 pm		5:00-6:00 pm	
Jr Horns Gold						
2/week	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm	5:30-6:15 pm		

Swimmers should be on deck 10-15 minutes before training start times

***Jr. Horns** groups swim either Monday & Wednesday or Tuesday & Thursday*

** **Times include dryland training** (HP Room/Fitness Studio/Pool Deck)*

** **Academy** dryland is Monday & Wednesday 4:15-5:15 pm and Friday 1:15-2:15 pm*

** **National** dryland is Monday & Wednesday 5:45-6:45 pm and Friday 1:15-2:15 pm*

** **Jr. National** dryland is Monday & Wednesday 5:45-6:45 pm and Friday 2:15-3:15 pm*

** **Provincial 2** dryland is Tuesday & Thursday 4:15-4:45 pm*

** **Provincial 1** dryland is Monday & Wednesday 4:15-4:45 pm*