

Group: **Senior National (SN)**

Coach: Roger Hanna

Start Date: September 2, 2025

Senior National (SN)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:45-9:00 AM @ HJ Strength: 9:15-10:30 AM	Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB	
PM		Swim: 1:15-3:30 PM @ VAC	Swim: 1:15-3:30 PM @ HJ Dryland: 3:45-4:30 PM	Swim: 1:15-3:30 PM @ HJ Yoga: 3:45-4:45 PM	Swim: 1:15-3:30 PM @ VAC	Swim: 1:15-3:30 PM @ HJ Bonus 9th practice for Gr 11+	

Notes:

*Delbrook unavailable due to maintenance until October 15th ; September schedule will differ from typical week

*Schedule set runs September to March. Schedules subject to change after March break - pending new HJ facility status

*Schedule will change in May due to Summer allocation changes - pending new HJ facility status

*Subject to adjustments due to Stat holidays and swim meets.

*Winter Break draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Senior Provincial (SP) - SN Bonus Invitees**

Coach: Emmy Obedkoff & Roger Hanna

Start Date: September 2, 2025

Senior Provincial (SP)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:45-9:00 AM @ HJ Strength: 9:15-10:30 AM	Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB			
PM		Swim: 6:45-8:30 PM @ HJ	Swim: 3:15-5:30 PM @ HJ Yoga: 5:45-6:45 PM	Swim: 3:15-5:30 PM @ DB	Swim: 3:15-5:30 PM @ HJ Dryland: 5:45-6:45 PM		

Notes:

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*Schedule set runs September to March. Schedules subject to change after March break - pending new HJ facility status

*Schedule will change in May due to Summer allocation changes - pending new HJ facility status

*Subject to adjustments due to Stat holidays and swim meets.

*Modified schedule for week of December 15th

*Winter Break draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Senior Provincial (SP)**

Coach: Emmy Obedkoff

Start Date: September 2, 2025

Senior Provincial (SP)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:45-9:00 AM @ HJ Stretching: 9:00-9:15 AM			Swim: 6:00-7:45 AM @ RA		Swim: 6:00-7:45 AM @ DB	
PM		Swim: 6:45-8:30 PM @ HJ Dryland: 5:45-6:45 PM	Swim: 3:15-5:30 PM @ HJ Yoga: 5:45-6:45 PM	Swim: 3:15-5:30 PM @ DB	Swim: 3:15-5:30 PM @ HJ Dryland: 5:45-6:45 PM		

Notes:

*Delbrook unavailable due to maintenance until October 15th ; September schedule will differ from typical week

*Schedule set runs September to March. Schedules subject to change after March break - pending new HJ facility status

*Schedule will change in May due to Summer allocation changes - pending new HJ facility status

*Subject to adjustments due to Stat holidays and swim meets.

*Modified schedule for week of December 15th

*Winter Break draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Senior Regional (SR)**

Coach: Nolan Joudrie

Start Date: September 7, 2025

Senior Regional (SR)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:15-8:00 AM @ RA Dryland: 8:15-9:00 AM			Swim: 6:15-7:45 AM @ RA *Bonus w/ SP by invite*	Swim: 6:15-7:45 AM @ RA		
PM		Swim: 3:15-5:30 PM @ DB Stretching: 5:30-5:45 PM	Swim: 3:30-5:15 PM @ RA Stretching: 5:15-5:30 PM			Swim: 6:45-8:30 PM @ PIN	

Notes:

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*Schedule will change in May due to Summer allocation changes - pending new HJ facility status

*Subject to adjustments due to Stat holidays and swim meets.

*Modified schedule for week of December 15th

*Winter Break draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Senior Development (SD)**

Coach: Kris Hildebrand

Start Date: September 7, 2025

Senior Development (SD)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:15-8:00 AM @ RA Dryland: 8:15-9:00 AM			Swim: 6:00-7:45 AM @ PIN		Swim: 6:00-7:45 AM @ RA	
PM		Swim: 6:45-8:30 PM @ PIN			Swim: 3:30-5:15 PM @ RA Stretching: 5:15-5:30 PM		

Notes:

*Delbrook unavailable due to maintenance until October 15th ; September schedule will differ from typical week

*Schedule set runs September to March. Schedules subject to change after March break - pending new HJ facility status

*Schedule will change in May due to Summer allocation changes - pending new HJ facility status

*Subject to adjustments due to Stat holidays and swim meets.

*Modified schedule for week of December 15th

*Winter Break draft plan - Week #1 (Dec 23-Jan 1) OFF ; Week #2 (Jan 2-5) ON

*March Break draft plan - Week #1 (Mar 17-21) OFF ; Week #2 (Mar 23-28) ON

Group: **Senior Cross Training (CT)**
Coach: Caroline Bridgman
Start Date: Sept 16, 2025

Senior Cross Training (CT)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						Swim: 6:00-7:45 AM @ PIN	
PM			Swim: 6:45-8:30 PM @ HJ	Swim: 7:45-9:00 PM @ HJ			

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 - *Schedule will change in May due to Summer allocation changes - pending new HJ facility status
 - *Subject to adjustments due to Stat holidays and swim meets.
 - *Modified schedule for week of December 15th
 - *Winter Break - OFF
 - *March Break - OFF