

COBRA TRAINING SCHEDULE 2025-2026

McMurphy Pool

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:15 AM - 6:45 AM	5:15 AM - 6:45 AM	5:00 AM - 6:30 AM	5:15 AM - 6:45 AM	5:15 AM - 6:45 AM	5:30 AM - 8:30 AM	8:00 AM-10:00 AM
Senior Performance		Performance Elite	Junior Elite	Senior Performance	Performance Elite	Junior Performance
4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:00 PM	4:00 PM - 6:30 PM	8:30 AM-10:30 AM	11:30 - 12:30 PM
Performance Elite	Junior Elite	Performance Elite	Senior Performance	Performance Elite	Junior Elite	JSC
6:00 PM - 7:30 PM	6:00 PM - 7:30 PM	6:00 PM - 7:30 PM	6:00 PM - 7:30 PM	6:30 PM - 7:30 PM	10:30 - 11:30 AM	12:30-1:30 PM
Youth Elite	Senior Performance	Junior Elite	Youth Elite	Olympic Way Silver	JSC	JSC
7:30 PM - 8:30 PM	7:30 PM - 8:30 PM	6:00 PM - 7:30 PM	7:30 PM - 8:30 PM	7:30 PM - 8:30 PM	11:30 - 12:30	12:30 - 1:30 PM
JSC	JSC	JSC	JSC	Olympic Way Gold	JSC	Adult Clinic
8:30 PM - 9:30 PM	8:30 PM - 9:30 PM	8:30 PM - 9:30 PM	8:30 PM - 9:30 PM	8:30 PM - 9:30 PM	12:30 - 1:30 PM	
Masters	Teen Aqua McM	Masters	Teen Aqua McM	Masters	Teen Aqua McM	

Dryland Training @McM

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:15 - 5:45 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:30 - 7:30 PM		10:15 - 10:45 AM
Youth Elite	Junior Elite	Performance Elite	Senior Performance	Performance Elite		Junior Performance
6:00 - 7:00 PM						
Performance Elite						

Balmoral Pool

Monday

6:30pm-8:30pm

Junior Elite

Tuesday

4:00 PM - 6:30 PM

**Performance
Elite**

6:30pm-7:30pm

**Olympic Way
Silver**

7:30pm-8:30pm

**Olympic Way
Gold**

Wednesday

6:30pm-8:30pm

**Senior
Performance**

Thursday

4:00 PM - 7:00 PM

**Performance
Elite**

Friday

4:00 PM - 6:00 PM

**Senior
Performance**

6:00 PM - 8:00 PM

Junior Elite

Saturday

7:00 AM – 10:00 AM

**Senior
Performance**

Sunday

Gore Meadows Pool

Monday

4:30pm-6:30pm

**Junior
Performance**

Tuesday

Wednesday

4:30pm-6:30pm

**Junior
Performance**

Thursday

Friday

5:00 -6:30pm

Youth Elite

Saturday

6:00 AM – 8:00 AM

**Junior
Performance**

6:30-8:00 AM

Youth Elite

8:00 - 9:00 AM

**Olympic Way
Gold**

8:00 - 9:00 AM

**Olympic Way
Silver**

Sunday