

2026-2027 Chena Weekly Schedule Version 1.0 (August 10th, 2026)Group: **Senior National (SN)**

Coach: Baylee Munro

Start Date: Wednesday, September 9th, 2026

Senior National (SN)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 5:45-8:00 AM @ HJ (5:15-7:00am @ DB til Oct 17) 2x Strength (TBC)	Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB			
PM		Swim: 1:15-3:30 PM @ DB	Swim: 1:15-3:30 PM @ HJ (OFF til Oct 13) Dryland: 3:45-4:30 PM (OFF til Oct 13)	Swim: 1:15-3:30 PM @ HJ (1:15-3:30pm @ RA til Oct 13) Yoga: 3:45-4:45 PM (OFF til Oct 13) (TBC - potentially AM Strength on Thu)	Swim: 1:15-3:30 PM @ DB	Swim: 1:15-3:30 PM @ PIN (Sept 14th+)	

*Schedule set runs September to April. Schedules subject to change (OFF til Oct 13)

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

*Winter Break draft plan - Week #1 (Dec 19-Dec 27) OFF, Week #2 (Dec 28-Jan 3) ON

*Spring Break draft plan - Week #1 (Mar 13-21) OFF, Week #2 (Mar 22-28) ON

Group: **Senior Provincial Invitee (SPI)**

Coach: Emmy Obedkoff & Baylee Munro

Start Date: Wednesday, September 9th, 2026

Senior Provincial Invitees (SPI)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 5:45-8:00 AM @ HJ (5:15-7:00am @ DB til Oct 17) 2x Strength (TBC)	Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB		Swim: 6:00-7:45 AM @ DB	
PM		Swim: 6:45-8:30 PM @ PIN (Sept 14th+)	Yoga: 4:30-5:30 PM (OFF til Oct 13) (TBC - potentially AM Strength on Thu) Swim: 5:45-8:00 PM @ HJ (OFF til Oct 13)		Swim: 3:30-5:15 PM @ RA Dryland: 5:15-6:00 PM (TBC - potentially AM Strength)		

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break draft plan - Week #1 (Dec 19-Dec 27) OFF, Week #2 (Dec 28-Jan 3) ON

*Spring Break draft plan - Week #1 (Mar 13-21) OFF, Week #2 (Mar 22-28) ON

Group: **Senior Provincial (SP)**
 Coach: Emmy Obedkoff
 Start Date: Tuesday, September 8th, 2026

Senior Provincial (SP)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 5:45-8:00 AM @ HJ (5:30-7:00am @ DB til Oct 17) 2x Strength (TBC)		Swim: 5:15-7:00 AM @ RA		Swim: 5:15-7:00 AM @ RA	Swim: 6:00-7:45 AM @ DB	
PM		Swim: 6:45-8:30 PM @ PIN (Sept 14th+)	Yoga: 4:30-5:30 PM (OFF til Oct 13) (TBC - potentially AM Strength on Wed) Swim: 5:45-8:00 PM @ HJ (OFF til Oct 13)		Swim: 3:30-5:15 PM @ RA Dryland: 5:15-6:00 PM (TBC - potentially AM Strength)		

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break draft plan - Week #1 (Dec 19-Dec 27) OFF, Week #2 (Dec 28-Jan 3) ON

*Spring Break draft plan - Week #1 (Mar 13-21) OFF, Week #2 (Mar 22-28) ON

Group: **Senior Regional (SR)**
 Coach: Mario Ramirez
 Start Date: Wednesday, September 9th, 2026

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: 5:15-7:00 AM @RA *Bonus w/ SP by invite instead of Fri PM*		Swim: 5:15-7:00 AM @RA *Bonus w/ SP by invite*	Swim: 6:00-7:45 AM @ PIN (Sept 14th+)	
PM		Swim: 3:15-5:00 PM @ DB Stretching: 5:00-5:15 PM		Swim: 3:15-5:30 PM @ DB Stretching: 5:30-5:45 PM		Swim: 6:15-8:00 PM @ PIN (Sept 14th+)	

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break draft plan - Week #1-1.5 (Dec 19-Dec 31) OFF, Week #2 (Jan 1-Jan 3) ON

*Spring Break draft plan - Week #1-1.5 (Mar 13-25) OFF, Week #2 (Mar 26-28) ON

Group: **Senior Development & Senior Cross Training (SD & CT)**
 Coach: Caroline Bridgman & Kris Hildebrand (TBC)
 Start Date: Friday, September 11th, 2026

Senior Development (SD) & Senior Cross Training (SCT)							
	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 @ DB		Swim: 6:00-7:45 AM @ PIN (Sept 14th+)		Swim: 6:15-7:45 AM @ RA	
PM						Swim: 6:15-8:00 PM @ PIN *Bonus w/ SR by invite* (Sept 14th+)	

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break - OFF

*Spring Break - OFF

Group: **Youth Green (YG)**
 Coach: Emmy Obedkoff
 Start Date: Tuesday, September 8th, 2026

Youth Green (YG)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM				Swim: 6:00-7:45 AM @ DB			
PM		Swim: 3:15-5:00 PM @ DB Dryland: 5:00-5:45 PM	Swim: 3:30-5:15 PM @ RA	Swim: 3:45-5:30 PM @ DB Dryland: 5:30-6:15 PM		Swim: 4:45-6:30 PM @ PIN (Sept 14th+)	

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break draft plan - Week #1-1.5 (Dec 19-Dec 31) OFF, Week #2 (Jan 1-Jan 3) ON

*Spring Break draft plan - Week #1-1.5 (Mar 13-25) OFF, Week #2 (Mar 26-28) ON

Group: **Youth Blue (YB)**
 Coach: Mario Ramirez
 Start Date: Thursday, September 10th, 2026

Youth Blue (YB)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Swim: 6:00-7:45 AM @ PIN (Sept 14th+)					
PM			Dryland: 6:00-6:30 PM (OFF til Oct 12) Swim: 6:30-8:00 PM @ HJ (OFF til Oct 12)	Swim: 6:45-8:30 PM @ PIN (Sept 14th+)	Swim: 3:30-5:15 PM @ RA Dryland: 5:15-5:45 PM	Swim: 3:45-5:00 PM @ RA Dryland: 5:00-5:30 PM	

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break draft plan - Week #1-1.5 (Dec 19-Dec 31) OFF, Week #2 (Jan 1-Jan 3) ON

*Spring Break draft plan - Week #1-1.5 (Mar 13-25) OFF, Week #2 (Mar 26-28) ON

Group: **Youth White (YW)**
 Coach: Caroline Bridgman & Kris Hildebrand (TBC)
 Start Date: Thursday, September 10th, 2026

Youth White (YW)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		Swim: 6:00-7:45 AM @ PIN (Sept 14th+)					
PM			Dryland: 6:00-6:30 PM (OFF til Oct 12) Swim: 6:30-8:00 PM @ HJ (OFF til Oct 12)	Swim: 5:15-7:00 PM @ PIN (Sept 14th+)	Swim: 5:00-6:15 PM @ RA Stretching: 6:15-6:30 PM		

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

*Winter Break - OFF

*Spring Break - OFF

Group: **Junior Green (JG)**
 Coach: Mauricio Torres
 Start Date: Tuesday, September 8th, 2026

Junior Green (JG)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 6:15-8:00 AM @ RA (Until Oct 17) Stretching: 8:00-8:15 AM (Until Oct 17)						
	Swim: 7:45-9:00 AM @HJ (Oct 18+) Dryland: 9:00-9:30 AM (Oct 18+)						
PM		Swim: 5:15-7:00 PM @ PIN (Sept 14th+)	Swim: 4:45-6:15 PM @ RA Stretching: 6:15-6:30 PM			Swim: 3:45-5:00 PM @ RA Dryland: 5:00-5:30 PM	

*Schedule set runs September to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break - OFF

*Spring Break draft plan - Week #1-1.5 (Mar 13-25) OFF, Week #2 (Mar 26-28) ON

Group: **Junior Blue (JB)**
 Coach: Caroline Bridgman & Mauricio Torres
 Start Date: Tuesday, September 8th, 2026

Junior Blue (JB)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:00 AM @ RA Stretching: 10:00-10:15 AM						
PM			Swim: 3:45-5:00 PM @ RA Stretching: 5:00-5:15 PM			Swim: 4:45-6:00 PM @ RA Stretching: 6:00-6:15 PM	

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*Winter Break - OFF

*Spring Break - OFF

Group: **Junior White (JW)**
 Coach: Gus Yan & Deniz Unal
 Start Date: Tuesday, September 8th, 2026

Junior White (JW)							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Swim: 8:45-10:00 AM @ RA Stretching: 10:00-10:15 AM						
PM			Swim: 6:00-7:15 PM @ RA Stretching: 7:15-7:30 PM			Swim: 5:45-7:00 PM @ RA Stretching: 7:00-7:15 PM	

*Schedule set runs October to April. Schedules subject to change from May onwards as pool availability changes for summer season

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

*Winter Break - OFF

*Spring Break - OFF