

UPDATED CRSK INDOOR SCHEDULE 2026

All practices meet at Strathcona Gardens and we will walk to Pinecrest Field together.

NO PRACTICE FRIDAY/SATURDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
TYEE	ACTIVATION: 6:45-7AM SWIM: 7-8AM — DRYLAND: 4:30-5:15 SWIM: 5:30-6:30	ACTIVATION: 7:15-7:30 SWIM: 7:30-8:30	ACTIVATION: 6:45-7AM SWIM: 7-8AM — DRYLAND: 3:30-4:15 SWIM: 4:30-5:30	ACTIVATION: 7:15-7:30 SWIM: 7:30-8:30	ACTIVATION: 6:45-7AM SWIM: 7-9AM
CHINOOK	ACTIVATION: 4:15-4:30 SWIM: 4:30-5:30	ACTIVATION: 6:15-6:30 SWIM: 6:30-7:30 DRYLAND: 7:45-8:30	ACTIVATION: 6:45-7AM SWIM: 7-8AM — ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	DRYLAND: 5:30-6:15 SWIM: 6:30-7:30	ACTIVATION: 6:45-7AM SWIM: 7-8AM
COHO	ACTIVATION: 6:45-7AM SWIM: 7-8AM	ACTIVATION: 7:15-7:30 SWIM: 7:30-8:30	ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	DRYLAND: 6:30-7:15 SWIM: 7:30-8:30	ACTIVATION: 6:45-7AM SWIM: 7-8AM
SOCKEYE	ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	DRYLAND: 5:30-6:15 SWIM: 6:30-7:30	OFF	ACTIVATION: 6:15-6:30 SWIM: 6:30-7:30	ACTIVATION: 7:45-8AM SWIM: 8-9AM
CHUM	OFF	DRYLAND: 5:30-6:15 SWIM: 6:30-7:30	ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	ACTIVATION: 6:15-6:30 SWIM: 6:30-7:30	ACTIVATION: 7:45-8AM SWIM: 8-9AM
PINK	ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	ACTIVATION: 5:15-5:30 SWIM: 5:30-6:30	OFF	DRYLAND: 4:30-5:15 SWIM: 5:30-6:30	ACTIVATION: 7:45-8AM SWIM: 8-9AM

Coaches

Tyee - Hannah

Chinook - Ella

Coho - Kurtis

Sockeye - Sarah

Chum - Hannah

Pink - Amy, Ella, Kurtis