

CRSK SWIM: May 2024 Schedule until outdoor pool opening. All sessions begin at Strathcona Gardens.

*highlighted yellow indicates to choose one of the practice options

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TYEE	ACTIVATION: 6:45-7AM SWIM: 7-8AM	SWIM: 3-4:30PM (BEGIN UPON ARRIVAL)	ACTIVATION: 6:45-7AM SWIM: 7-8AM – ACTIVATION: 7-7:15PM SWIM: 7:15-8PM	SWIM: 3-4:30PM (BEGIN UPON ARRIVAL) DRYLAND: 4:45-5:30PM	ACTIVATION: 6:45-7AM SWIM: 7-8AM – ACTIVATION: 7-7:15PM SWIM: 7:15-8PM	OFF	OFF
CHINOOK	ACTIVATION: 6:45-7AM SWIM: 7-8AM	DRYLAND: 3:30-4:15PM SWIM: 4:30-5:30PM	ACTIVATION: 6:45-7AM SWIM: 7-8AM – ACTIVATION: 7:15-7:30PM SWIM: 7:30-8:30PM	OFF	ACTIVATION: 7:15-7:30PM SWIM: 7:30-8:30PM	OFF	OFF
COHO	ACTIVATION: 7:45-8AM SWIM: 8-9AM	ACTIVATION: 5:15-5:30PM SWIM: 5:30-6:30PM	ACTIVATION: 6:15-6:30PM SWIM: 6:30-7:30PM	ACTIVATION: 4:15-4:30PM SWIM: 4:30-5:30PM	DRYLAND: 5:30-6:15PM SWIM: 6:30-7:15PM	OFF	OFF
SOCKEYE	ACTIVATION: 7:45-8AM SWIM: 8-9AM	OFF	ACTIVATION: 6:15-6:30PM SWIM: 6:30-7:15PM	DRYLAND: 4:30-5:15PM SWIM: 5:30-6:30PM	ACTIVATION: 6:15-6:30PM SWIM: 6:30-7:30PM	OFF	OFF
PINK	ACTIVATION: 7:45-8AM SWIM: 8-9AM DRYLAND: 9:15-10AM	OFF	ACTIVATION: 5:15-5:30PM SWIM: 5:30-6:30PM	OFF	ACTIVATION: 5:15-5:30PM SWIM: 5:30-6:30PM	OFF	OFF