

Barrie Trojans Training Schedule 2026-2027									
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Groups			High Performance	Senior	Senior Development	Junior	Junior Development	Provincial	Provincial Development	TOP	Novice	Masters
Monday	AM	Activation	5:15-5:30				5:45-6:00	5:45-6:00				5:45-6:00
		Water	5:30-7:00				6:00-7:30	6:00-7:30				6:00-7:30
	PM	Activation/Dry	2:45-3:00	2:45-3:00	2:45-3:00	4:15-4:30			4:45-5:00	4:30-5:00		
		Water	3:00-5:00	3:00-5:00	3:00-4:30	4:30-6:00			5:00-6:00	5:00-6:00		
		Dry			5:30-6:30							
Tuesday	AM	Activation		5:15-5:30	5:45-6:00	5:45-6:00						
		Water		5:30-7:00	6:00-7:30	6:00-7:30						
	PM	Activation/Dry	2:45-3:00	2:45-3:00	2:45-3:00	4:15-4:30	4:45-5:00	4:45-5:00	4:30-5:00		4:45-5:00	
		Water	3:00-5:00	3:00-5:00	3:00-4:30	4:30-6:00	5:00-6:00	5:00-6:00	5:00-6:00		5:00-6:00	
		Dry	5:30-6:30			6:30-7:30						
Wednesday	AM	Activation	5:15-5:30				5:45-6:00	5:45-6:00				5:45-6:00
		Water	5:30-7:00				6:00-7:30	6:00-7:30				6:00-7:30
	PM	Activation	2:45-3:00	2:45-3:00		4:45-5:00			6:15-6:30	6:15-6:30		
		Water	3:00-5:00	3:00-5:00		5:00-6:30			6:30-7:30	6:30-7:30		
		Dry		5:30-6:30								
Thursday	AM	Activation		5:15-5:30	5:45-6:00	5:45-6:00						
		Water		5:30-7:00	6:00-7:30	6:00-7:30						
	PM	Activation/Dry	2:45-3:00	2:45-3:00	2:45-3:00	4:15-4:30	4:45-5:00	4:45-5:00	4:30-5:00		4:45-5:00	
		Water	3:00-5:00	3:00-5:00	3:00-4:30	4:30-6:00	5:00-6:00	5:00-6:00	5:00-6:00		5:00-6:00	
		Dry	5:30-6:30			6:30-7:30						
Friday	AM	Activation	5:15-5:30				5:45-6:00	5:45-6:00				5:45-6:00
		Water	5:30-7:00				6:00-7:30	6:00-7:30				6:00-7:30
	PM	Activation/Dry	2:45-3:00	2:45-3:00	2:45-3:00	4:15-4:30	4:45-5:00	4:45-5:00	4:45-5:00	4:30-5:00		
		Water	3:00-5:00	3:00-5:00	3:00-4:30	4:30-6:00	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		
		Dry			5:30-6:30							
Saturday	AM	Activation/Dry	5:45-6:00	5:45-6:00	5:45-6:00	7:15-7:30	7:00-8:00	7:45-8:00		7:15-7:30	7:45-8:00	5:45-6:00
		Water	6:00-8:00	6:00-8:00	6:00-7:30	7:30-9:00	8:00-9:00	8:00-9:00		7:30-9:00	8:00-9:00	6:00-7:30
		Dry		8:30-9:30								
	PM	Activation										
		Water										
		Dry										
Sunday	AM	Activation										
		Water										
	PM	Activation										
		Water										
		Dry										
The Movement HQ - 130 Bell Farm Rd #13B, Barrie, ON L4M 5G1												
Allandale Recreation Centre - 190 Bayview Dr, Barrie, ON L4N 2Z4												
East Bayfield Community Centre - 80 Livingstone St E, Barrie, ON L4M 6X9												