

ARTISTIC SWIMMING

H2O Adventure + Fitness Centre 4075 Gordon Dr, Kelowna

Kelowna Family YMCA 375 Hartman Road, Kelowna



We respectfully acknowledge the unceded territory of the sqilx'/syilx' (Okanagan) peoples, on whose land we live, work, and play.

Updated March 30, 2026

THURSDAY, JULY 23

Start	End	Event	Venue
8:30 AM	9:00 AM	Athletes and Coaches Meeting	H2O
9:00 AM	12:00 PM	Training Time	H2O
12:00 PM	12:30 PM	Break	H2O
12:30 PM	12:45 PM	Coaches Meeting and Swim Warm-up	H2O
12:45 PM	1:45 PM	11-15 Solo Warm-up	H2O
1:50 PM	2:50 PM	11-15 Solo Event	H2O

FRIDAY, JULY 24

Start	End	Event	Venue
7:30 AM	7:45 AM	Coaches Meeting and Swim Warm-up	YMCA
7:45 AM	8:05 AM	11-15 Figure Warm-up	YMCA
8:10 AM	10:10 AM	11-15 Figure Event	YMCA
10:45 AM	11:15 AM	Venue Transfer	
11:15 AM	1:00 PM	Break	H2O
1:00 PM	1:15 PM	Coaches Meeting and Swim Warm-up	H2O
1:15 PM	2:15 PM	11-15 Duet Warm-up	H2O
2:15 PM	3:15 PM	11-15 Duet Event	H2O
4:00 PM	4:30 PM	Medal Presentations	H2O

SATURDAY, JULY 25

Start	End	Event	Venue
1:00 PM	1:15 PM	Coaches Meeting and Swim Warm-up	H2O
1:15 PM	2:15 PM	11-15 Team Warm-up	H2O
2:15 PM	3:15 PM	11-15 Team Event	H2O
4:00 PM	4:30 PM	Medal Presentations	H2O

SUNDAY, JULY 26

Start	End	Event	Venue
10:00 AM	11:30 AM	Athletes and Coaches Camp	YMCA