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| September | | | |  | | | |
|  | | | | 2025 | | | |
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| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
|  | 1 | 2 | 3 | | 4 | 5 | 6 | |
|  |  | First Day of Training  6:30-7:30 Am Gym (20 set of 5)  PM Relay Day 3-4 PM Swim | Streamline Day All Killer Whale Groups 3:30-4:30PM | | 6:30-7:30 AM Gym  Dive Day All Killer Whale Groups 3:30-4:30PM | Kick Day All Killer Whale Groups 3:30-4:30PM | Campbell River Athlon  9:30AM-12 Noon | |
| 7 | 8 | 9 | 10 | | 11 | 12 | 13 | |
|  | 2-3:30PM Swim Turn Day | 6:30-7:30 AM Gym  2-3 PM Sports Philos  3-4:40 PM Swim | 2-3:42 PM Swim Dolphin Day | | 6:30-7:30 AM Gym  2-3 PM Sports Philos  3-4:40 PM Swim | 2-3:44 Swim Vertical kick day | Beaver Lodge run (Double) 9:30-11 AM | |
| 14 | 15 | 16 | 17 | | 18 | 19 | 20 | |
|  | 2-4 PM Swim | 6:30-7:30 AM Gym  2-2:50 PM Cordz  3-5 PM Swim | 2-4 Swim | | 6:30-7:30 AM Gym  2-2:50 PM Cordz  3-5 PM Swim | 7-8 AM Swim  2-4 PM Swim | Lookout Hike 9:30-12 | |
| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
|  | 2-4 PM Swim | 6:30-7:30 AM Gym  2-2:50 PM Cordz  3-5 PM Swim | 2-4 PM Swim | | 6:30-7:30 AM Gym  2-2:50 PM Cordz  3-5 PM Swim | 6:30-8 AM Swim  2-4 PM Swim | 7-9 AM Swim  9:15-10 AM Ultimate Friz  Parents Meeting All KW 10 AM | |
| 28 | 29 | 30 |  | |  |  |  | |
|  | 2-4 PM Swim | 6:30-7:30 AM Gym  2-2:50 PM Cordz  3-5 PM Swim |  | |  |  |  | |
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| October | | | |  | | | |
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| 19 | 20 | 21 | 22 | | 23 | 24 | 25 | |
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| 26 | 27 | 28 | 29 | | 30 | 31 |  | |
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| 16 | 17 | 18 | 19 | | 20 | 21 | 22 | |
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| 23 | 24 | 25 | 26 | | 27 | 28 | 29 | |
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| December | | | |  | | | |
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| 21 | 22 | 23 | 24 | | 25 | 26 | 27 | |
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