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| September |  |
|  | 2025 |
|  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  |  | First Day of Training6:30-7:30 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 GymDive Day All Killer Whale Groups 3:30-4:30PM | Kick Day All Killer Whale Groups 3:30-4:30PM  | Campbell River Athlon9:30AM-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 Philos3-4:40 PM Swim | 2-3:42 PM Swim Dolphin Day | 6:30-7:30 AM Gym 2-3 PM Sports Philos3-4:40 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 Gym2-2:50 PM Cordz3-5 PM Swim  | 2-4 Swim | 6:30-7:30 AM Gym2-2:50 PM Cordz3-5 PM Swim | 7-8 AM Swim2-4 PM Swim | Lookout Hike 9:30-12 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
|  | 2-4 PM Swim | 6:30-7:30 AM Gym2-2:50 PM Cordz3-5 PM Swim | 2-4 PM Swim | 6:30-7:30 AM Gym2-2:50 PM Cordz3-5 PM Swim | 6:30-8 AM Swim2-4 PM Swim | 7-9 AM Swim 9:15-10 AM Ultimate FrizParents Meeting All KW 10 AM |
| 28 | 29 | 30 |  |  |  |  |
|  | 2-4 PM Swim | 6:30-7:30 AM Gym2-2:50 PM Cordz3-5 PM Swim |  |  |  |  |
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| October |  |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
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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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| November |  |
|  | 2025 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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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 |  |
|  | 2025 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 28 | 29 | 30 | 31 |  |  |  |
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