

December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 C4/5 Seton 6:00-7:30 AM	2 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	3	4 C4/5 Dryland BSRC Studio B 4:00-5:00	5 C4/5 2:00-4:00* C3 2:00-3:00 C1/2 3:00-4:00 <i>*C5's attending Stroke/Turn judge clinic leave @ 3:30pm</i>	6 C4/5 10:15-12:00 C3 10:15-11:15 C1/2 11:00-12:00
7 C1 10:00-11:00 AM C2/3 10:00-11:30 (+Option for C4's who can't attend Fri PM's)	8 No C4/5 AM practice (Seton not available today)	9 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	10	11 C4/5 Swim @ ORC 4:30-5:30 PM Dryland on deck 4:10-4:30 PM	12 C4/5 2:00-4:00 C3 2:00-3:00 C1/2 3:00-4:00	13 C4/5 9:00-10:30 AM C1,2,3 10:30-11:30 AM
14 C3 8:00-9:00 AM C1/2 9:00-10:00 <i>C4/5 optional 8:00- 9:00 AM</i>	15 C4/5 Seton 6:00-7:30 AM C1,2,3 ORC 5:00-6:00 PM	16 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	17	18 C4/5 Dryland BSRC Studio B 4:00-5:00	19 C2-4 at Age Group Challenge Meet Dec 19-21 (No practices)	20
21 Age Group Challenge Meet (No practices)	22	23	24	25 Merry Christmas!	26	27
28	29	30	31			

Reminder: All Friday, Saturday & Sunday practices are held at the Okotoks Recreation Centre