

January

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder: All Friday / Saturday / Sunday practices are @ Okotoks Rec Centre				1 Winter Break until January 05 th	2	3
4	5 C4/5 Seton 6:00-7:30 AM	6 BSRC Dryland C3-5 4:00-5:30 C1/2 4:30-5:30	7	8 C4/5 Dryland BSRC Studio B 4:00-5:00	9 C4/5 2:00-4:00 C3 2:00-3:00 C1/2 3:00-4:00	10 C5 10:15-12 C3/4 10:15-11:15 C1/2 11:00-12:00
11 C1/2/3 8:30-9:30 AM (+ option for C4)	12 C4/5 Seton 6:00-7:30 AM	13 BSRC Dryland C3-5 4:00-5:30 C1/2 4:30-5:30	14	15 C4/5 Dryland BSRC Studio B 4:00-5:00	16 C1/2 3:00-4:00 C3-5 @ Pugsley's Plunge Meet	17 C2 10:30-12:00 C1 10:30-11:30
18 C1/2 8:30-9:30 AM C3-5 @ Meet	19 No practice – post meet recovery day	20 BSRC Dryland C3-5 4:00-5:30 C1/2 4:30-5:30	21	22 C4/5 Dryland BSRC Studio B 4:00-5:00	23 C4/5 2:00-4:00 C3 2:00-3:00 C1/2 3:00-4:00	24 C5 10:15-12 C3/4 10:15-11:15 C1/2 11:00-12:00
25 TEAM PRACTICE all groups swim 2:00-3:00 PM @ ORC	26 C4/5 Seton 6:00-7:30 AM	27 BSRC Dryland C3-5 4:00-5:30 C1/2 4:30-5:30	28	29 C4/5 Dryland BSRC Studio B 4:00-5:00	30 C3-5 4:00-5:30 C1-2 4:30-5:30	31 C3-5 9:00-10:30 C1/2 10:30-11:30

"You say impossible, but all I hear is I'm possible" (Ted Lasso)