June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Seton Swim C45 6:00-7:30 AM	2 BSRC dryland 4:00-5:30 PM	3	4 BSRC dryland C4/5 4:00-5:00 PM	5 ORC Swim C34 2:30-4:00 PM C5 2:00-4:00 PM	6 ORC Swim C45 1030-1200 C3 1200-100
7 ORC Swim C3-5 8:00-9:30 AM	8 Seton Swim C45 6:00-7:30 AM	9 BSRC dryland 4:00-5:30 PM	10	11 BSRC dryland C4/5 4:00-5:00 PM	12 NO practice due to Summer Club meet	13 Swim SETON C3-5 4:00-5:30 PM
14 ORC Swim C3-5 8:00-9:30 AM	15 Seton Swim C45 6:00-7:30 AM	16 BSRC dryland 4:00-5:30	17	18 BSRC dryland C4/5 4:00-5:00 PM	19 Freeze or Fry (Red Deer) C3-5	20
21 Freeze or Fry	22 No swimming – Recovery Day	23	24 Season End Celebration 5:00 PM @ BSRC Curling Lounge	25 Trials / Champs swimmers @ ORC 1:30 – 3:00 PM *optional for Open Water swimmers*	26 Provincial Trials @ MNP *Champs swimmers will receive an OYO workout to complete this weekend*	27
28 Provincial Trials	29 Champs / Open Water swimmers Seton 6:00-7:30 AM	30 Champs swimmers @ ORC 7:30 – 9:00 AM	July 01 Happy Canada Day!	July 02 Champs swimmers @ ORC 8:30 – 10:00 AM	July 03	July 04

Season ENDS June 21 for C3-5 swimmers who are not attending Provincial Trials, Champs or the Sylvan Lake Open Water swim (SLOWS). Lake swim schedule will be sent out to those who have signed up for the SLOWS race on our website.