

December 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		<u>Practice</u> 6-8 pm YMCA Video		<u>Practice</u> 7-8:30 pm Kinsmen Meet Review	<u>Practice</u> 5-6 pm Kinsmen Dryland	<u>Practice</u> 8:30-10:00 am MacEwan Meet Prep
	1	2	3	4	5	6
<u>Swim Meet</u> Rock'n Reindeer 8:30 Warm-up		<u>Practice</u> 6-8 pm YMCA Video		<u>Practice</u> 7-8:30 pm Kinsmen IM Skills		<u>Practice</u> 8:30-10:00 am MacEwan IM Spin Swim
7	8	9	10	11	12	13
		<u>Practice</u> 6-8 pm YMCA Distance Challenge		<u>Practice</u> 7-8:30 pm Kinsmen Dice Practice		<u>Christmas</u> <u>Party</u>
14	15	16	17	18	19	20
				<u>Christmas</u> No Swimming		
21	22	23	24	25	26	27
			<u>New Years</u> Eve			
28	29	30	31			