

November 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						<u>Practice</u> 8:30-10:00 am MacEwan Dives + IM 1
	Candy Cane Meet Declarations Due 2 3	<u>Practice</u> 6-8 pm YMCA Video 4		<u>Practice</u> 7-8:30 pm Kinsmen Fr Pace Fly dr 6	<u>Practice</u> 5-7 pm Kinsmen Dryland + Swim 7	<u>Practice</u> 8:30-10:00 am MacEwan Test Set #1 8
<u>Meet</u> 12&U Kinsmen 9		Remembrance Day No Swimming 11		<u>Practice</u> 7-8:30 pm Kinsmen Fr Pace Bk dr 13	<u>Practice</u> 5-6 pm Kinsmen Dryland 14	<u>Practice</u> 8:30-10:00 am MacEwan Test Set #2 15
		<u>Practice</u> 6-8 pm YMCA Br dr/sw 18		<u>Practice</u> 7-8:30 pm Kinsmen Fr Pace Br dr 20	<u>Practice</u> 5-6 pm Kinsmen Dryland 21	<u>Practice</u> 8:30-10:00 am MacEwan Test Set #3 22
		<u>Practice</u> 6-8 pm YMCA Speed work & HS Meet prep 25		<u>Practice</u> 7-8:30 pm Kinsmen Meet Prep 27	<u>Meet</u> <u>Warm-up</u> Swim 4-5 pm Kinsmen 28	<u>Meet</u> Candy Cane Kinsmen 29/30