

October 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				<u>Practice</u> 7-8:30 pm Kinsmen Body Position	<u>Practice</u> 5-6 pm Kinsmen Activation	<u>Practice</u> 8:30-10:00 am MacEwan Dives + IM
			1	2	3	4
		<u>Practice</u> 6-8 pm YMCA Video #1		<u>Practice</u> 7-8:30 pm Kinsmen Free Drill	<u>Practice</u> 5-6 pm Kinsmen Core	<u>Practice</u> 8:30-10:00 am MacEwan Dives + IM
5	6	7	8	9	10	11
	<u>Thanksgiving</u>	<u>Practice</u> 6-8 pm YMCA Bk drill		<u>Practice</u> 7-8:30 pm Kinsmen Fly/Br dr	<u>Practice</u> 5-6 pm Kinsmen Lite core	<u>Meet</u> Oktoberfest Kinsmen
12	13	14	15	16	17	18
		<u>Practice</u> 6-8 pm YMCA Fr Speed		<u>Practice</u> 7-8:30 pm Kinsmen Meet prep		<u>Meet</u> PZDA Spruce Grove
19	20	21	22	23	24	25
<u>Meet</u> PZDA Spruce Grove		<u>Practice</u> 6-8 pm YMCA skills/drills		<u>Practice</u> 7-8:30 pm Kinsmen Steady pace	<u>Halloween</u>	
26	27	28	29	30	31	