

12 Stream - July 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 No workout - Canada Day!	2 4:00PM - 5:30PM EKI	3 4:00PM - 5:30PM EKI	4 4:00PM - 5:30PM EKI	5 No workout EKI
6 EKI	7 6:00PM- 7:00PM	8 No workout	9 6:00AM _ 7:30AM 6:00PM- 7:00PM	10 6:00PM- 7:00PM	11 6:15PM- 7:30PM	12 3:00PM - 4:30PM
13 6:00PM- 7:00PM	14 6:00PM- 7:00PM	15 No workout	16 6:00AM _ 7:30AM 6:00PM- 7:00PM	17 6:00PM- 7:00PM	18 6:15PM- 7:30PM	19 3:00PM - 4:30PM
20 6:00PM- 7:00PM	21 6:00PM- 7:00PM	22 4:30PM - 5:30PM	23 Swimming in Edmonton	24 Alberta Provincial Championships	25 Alberta Provincial Championships	26 Alberta Provincial Championships
27 Alberta Provincial Championships	28 Training Break	29 Training Break	30 Training Break	31 Training Break		
* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)						