

12 A - March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 4:30 - 6:00pm UofC
2	3 Dryland 5:00pm 6:00 - 7:15pm UofC	4 6:00 - 7:00pm UofC	5 Dryland 5:00pm 6:00 - 7:15pm UofC	6 6:00am - 7:30am Churchill	7 6:00 - 7:30pm UofC SA Winter Provincial Trials	8 4:30 - 6:00pm UofC SA Winter Provincial Trials
9 SA Winter Provincial Trials	10 Dryland 5:00pm 6:00 - 7:15pm UofC	11 6:00 - 7:00pm UofC	12 Dryland 5:00pm 6:00 - 7:15pm UofC	13 6:00am - 7:30am Churchill	14 6:00 - 7:30pm UofC	15 3:00pm - 4:30pm UofC NCSA Spring Invitational
16 NCSA Spring Invitational	17 Dryland 5:00pm 6:00 - 7:15pm UofC	18 6:00 - 7:00pm UofC	19 5:00 - 6:00pm UofC	20 6:00 - 7:00pm UofC SA Provincial Championships	21 5:00 - 6:00pm UofC SA Provincial Championships	22 No workout SA Provincial Championships
23 SA Provincial Championships	24 Training break	24 Training break	24 Training break	26 Training break	27 Training break	28 Training break

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)