

12 A - November 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No workout
2	3	4 6:00 - 7:30pm UofC	5 Dryland 5:00pm 6:00 - 7:00pm UofC	6 6:00 - 7:00am CH 4:00 - 6:00pm CH	7 UCSC Fall Back Invitational	8 UCSC Fall Back Invitational Cascade Speed Meet
9 Cascade Speed Meet	10 6:30 - 7:30pm UofC	11 No workout Remembrance Day	12 Dryland 5:00pm 6:00 - 7:00pm UofC	13 6:00 - 7:00am CH 4:00 - 6:00pm CH	14 Dryland 5:00pm 6:00 - 6:45pm UofC	15 4:30 - 6:00pm
15	17	18 6:00 - 7:30pm UofC	19 Dryland 5:00pm 6:00 - 7:00pm UofC	20 6:00 - 7:00am CH 4:00 - 6:00pm CH	21 Dryland 5:00pm 6:00 - 6:45pm UofC	22 4:30 - 6:00pm
23	24	25 6:00 - 7:30pm UofC	26 Dryland 5:00pm 6:00 - 7:00pm UofC	27 6:00 - 7:00am CH 4:00 - 6:00pm CH	28 UCSC November Invitational	29 UCSC November Invitational
30 UCSC November Invitational						

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