

12 A - October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Dryland 5:00pm 6:00 - 7:00pm UofC	2 6:00 - 7:00am CH 4:00 - 6:00pm CH	3 Dryland 5:00pm 6:00 - 6:45pm UofC <b>Parent meeting at 6:45</b>	4 4:30 - 6:00pm UofC
5	6	7 6:00 - 7:30pm UofC	8 Dryland 5:00pm 6:00 - 7:00pm UofC	9 6:00 - 7:00am CH 4:00 - 6:00pm CH	10 Dryland 5:00pm 6:00 - 6:45pm UofC	11 4:30 - 6:00pm UofC
12	13	14 6:00 - 7:30pm UofC	15 Dryland 5:00pm 6:00 - 7:00pm UofC	16 6:00 - 7:00am CH 4:00 - 6:00pm CH	17 Team Champs 1	18 Fall Start up
19	20	21 6:00 - 7:30pm UofC	22 Dryland 5:00pm 6:00 - 7:00pm UofC	23 6:00 - 7:00am CH 4:00 - 6:00pm CH	24 Dryland 5:00pm 6:00 - 6:45pm UofC	25 4:30 - 6:00pm UofC
25	27	28 6:00 - 7:30pm UofC	29 Dryland 5:00pm 6:00 - 7:00pm UofC	30 6:00 - 7:00am CH 4:00 - 6:00pm CH	31 No Workout	

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