

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 Parent meeting at 6:45 | 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)