

12 B - November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No workout
2	3	4 6:00 - 7:00am CH 6:00 - 7:30pm UofC	5 Dryland 5:00pm 6:00 - 7:00pm UofC	6 4:00 - 6:00pm CH	7 TBD	8 Cascade Speed Meet
9 Cascade Speed Meet	10 5:30 - 6:30pm UofC	11 Remembrance Day No workout	12 Dryland 5:00pm 6:00 - 7:00pm UofC	13 4:00 - 6:00pm CH	14 Dryland 5:40pm 6:45 - 7:30pm UofC	15 4:30 - 6:00pm UofC
16	17	18 6:00 - 7:00am CH 6:00 - 7:30pm UofC	19 Dryland 5:00pm 6:00 - 7:00pm UofC	20 4:00 - 6:00pm CH	21 Dryland 5:40pm 6:45 - 7:30pm UofC	22 4:30 - 6:00pm UofC
23	24	25 6:00 - 7:00am CH 6:00 - 7:30pm UofC	26 Dryland 5:00pm 6:00 - 7:00pm UofC	27 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)