

12 C - April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31-Mar 6:00 - 7:15pm UofC	1 Dryland - 5pm 6:00 - 7:00pm UofC	2 6:00 - 7:15pm UofC	3 6:00am - 7:30am Churchill	4 Dryland - 5pm 6:00 - 7:30pm UofC	5 4:30 - 6:00pm UofC
6 6:00 - 7:15pm UofC	7 6:00 - 7:15pm UofC	8 Dryland - 5pm 6:00 - 7:00pm UofC	9 6:00 - 7:15pm UofC	10 6:00am - 7:30am Churchill	11 Dryland - 5pm 6:00 - 7:30pm UofC	12 No workout
13 6:00 - 7:15pm UofC	14 6:00 - 7:15pm UofC	15 Dryland - 5pm 6:00 - 7:00pm UofC	16 6:00 - 7:15pm UofC	17 6:00am - 7:30am Churchill	18 No Workout	19 4:30 - 6:00pm UofC
20 No workout	21 No workout	22 Dryland - 5pm 6:00 - 7:00pm UofC	23 6:00 - 7:15pm UofC	24 6:00am - 7:30am Churchill	25 Dryland - 5pm 6:00 - 7:30pm UofC	26 Spring Start UP
27 Spring Start Up	28 6:00 - 7:15pm UofC	29 Dryland - 5pm 6:00 - 7:00pm UofC	30 6:00 - 7:15pm UofC			

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