

12 C - November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No workout
2	3 Dryland 5:00pm 6:00 - 7:30pm UofC	4	5 5:00 - 6:00pm SD	6 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	7 UCSC Fall Back Invitational	8 UCSC Fall Back Invitational
9	10 Dryland 5:00pm 6:00 - 7:30pm UofC	11	12 5:00 - 6:00pm SD	13 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	14 6:00 - 7:30pm UofC	15 4:30 - 6:00pm UofC
16	17 Dryland 5:00pm 6:00 - 7:30pm UofC	18	19 5:00 - 6:00pm SD	20 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	21 6:00 - 7:30pm UofC	22 4:30 - 6:00pm UofC
23	24 Dryland 5:00pm 6:00 - 7:30pm UofC	25	26 5:00 - 6:00pm SD	27 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	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)