

12 C - October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:00 - 6:00pm SD	2 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	3 6:00 - 7:30pm UofC	4 4:30 - 6:00pm UofC
5 Dryland 5:00pm 6:00 - 7:30pm UofC	6	7	8 5:00 - 6:00pm SD	9 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	10 6:00 - 7:30pm UofC	11 4:30 - 6:00pm UofC
12 No workout Happy Thanksgiving!	13	14	15 5:00 - 6:00pm SD	16 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	17 Team Champs 1	18 UCSC Fall Startup
19 Dryland 5:00pm 6:00 - 7:30pm UofC	20	21	22 5:00 - 6:00pm SD	23 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	25 6:00 - 7:30pm UofC	25 4:30 - 6:00pm UofC
26 Dryland 5:00pm 6:00 - 7:30pm UofC	27	28	29 5:00 - 6:00pm SD	30 6:00 - 7:00am CH Dryland 5:00pm 6:00 - 7:00pm UofC	31 No workout	

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