

12 D - November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 No workout
2 Dryland 5:00pm 6:00 - 7:30pm UofC	3 6:00 - 7:00am CH	4 4:00 - 5:00pm SD	5 Dryland 5:00pm 6:00 - 7:00pm UofC	6 UCSC Fall Back Invitational	7 UCSC Fall Back Invitational	8
9 Dryland 5:00pm 6:00 - 7:30pm UofC	10 Remembrance Day No workout	11 4:00 - 5:00pm SD	12 Dryland 5:00pm 6:00 - 7:00pm UofC	13 4:30 - 6:00pm UofC	14	15
16 Dryland 5:00pm 6:00 - 7:30pm UofC	17 6:00 - 7:00am CH	18 4:00 - 5:00pm SD	19 Dryland 5:00pm 6:00 - 7:00pm UofC	20 4:30 - 6:00pm UofC	21	22
23 Dryland 5:00pm 6:00 - 7:30pm UofC	24 6:00 - 7:00am CH	25 4:00 - 5:00pm SD	26 Dryland 5:00pm 6:00 - 7:00pm UofC	27 UCSC Novmeber Invitational	28 UCSC Novmeber Invitational	29
30 UCSC Novmeber Invitational						

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