

12 D - September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Training Break	2 Training Break	3 Training Break	4 Training Break	5 Training Break	6 Training Break
7 Training Break	8 Dryland 5:00pm 6:00 - 7:30pm UofC	9 NO workout	10 4:00 - 5:00pm SD	11 Dryland 5:00pm 6:00 - 7:00pm UofC	12	13 UCSC Family BBQ - 10:45am - 1:30pm Bowness Park (Site 3 and 4)
14	15 Dryland 5:00pm 6:00 - 7:30pm UofC Team Photo: 6:50pm	16 NO workout	17 4:00 - 5:00pm SD	18 Dryland 5:00pm 6:00 - 7:00pm UofC	19	20 NO workout
21	22 Dryland 5:00pm 6:00 - 7:30pm UofC	23 6:00 - 7:30am CH	24 4:00 - 5:00pm SD	25 NO workout Dryland 5:00pm 6:00 - 7:00pm UofC	26	27 NO workout
28	29 Dryland 5:00pm 6:00 - 7:30pm UofC	30 Truth and Reconciliation Day No workout				

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