

National & Junior National Groups - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:00-7:30am Swim 4:00-6:00pm Swim	2 2:30-3:30pm Weights (Group 1) 4:00-6:00pm Swim 6:00-7:00pm Weights (Group 2)	3 4:00-6:00pm Swim	4 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	5 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	6 5:30-7:15am Swim	7
8 OFF THANKSGIVING	9 2:30-3:30pm Weights (Group 1) 4:00-6:00pm Swim 6:00-7:00pm Weights (Group 2)	10 4:00-6:00pm Swim	11 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	12 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	13 5:30-7:15am Swim	14
15 5:30-7:30am Swim 4:00-6:00pm Swim	16 2:30-3:30pm Weights (Group 1) 4:00-6:00pm Swim 6:00-7:00pm Weights (Group 2)	17 4:00-6:00pm Swim	18 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	19 2:30-4:00pm Weights (National)	20 Team Champs 1	21 Fall Start Up
22 5:30-7:30am Swim 4:00-6:00pm Swim	23 2:30-3:30pm Weights (Group 1) 4:00-6:00pm Swim 6:00-7:00pm Weights (Group 2)	24 4:00-6:00pm Swim	25 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	26 2:30-4:00pm Weights (National) OFF (Non-Dino Invitational)	27 Dino Invitational	28 5:30-7:15am Swim (Non-Dino Invitational Only)
29 5:30-7:30am Swim 4:00-6:00pm Swim	30 2:30-3:30pm Weights (Group 1) 4:00-6:00pm Swim 6:00-7:00pm Weights (Group 2) HALLOWEEN	31 				

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