

Provincial Lite - September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
OFF		5:00 - 6:00 pm CH	4:00 - 6:00 pm SD		8:00 - 9:00 pm Crowfoot Melcor YMCA	UCSC Fall BBQ - Bowness Park
17	18	19	20	21	22	23
OFF		4:00 - 6:00 pm CH	4:00 - 6:00 pm SD		8:00 - 9:00 pm Crowfoot Melcor YMCA	
24	25	26	27	28	29	30
OFF		4:00 - 4:50 pm CH 5:00 - 5:45 pm Squad Photos	4:00 - 6:00 pm SD		8:00 - 9:00 pm Crowfoot Melcor YMCA	
Alberta Coaches Conference					Alberta Coaches Conference	
						National Day for Truth and Reconciliation

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