

National Development - 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
	4:00-5:30pm swim 6:00-7:00pm weights	4:00-5:30pm swim	OFF	5:30-7:00pm swim	OFF	OFF
17	18	19	20	21	22	23
	4:00-5:30pm swim 6:00-7:00pm weights	5:30-7:00pm swim	4:00-5:30pm swim	5:30-7:00pm swim	OFF	OFF
24	25	26	27	28	29	30
Alberta Coaches Conference	5:00-5:45pm weights 5:45-7:15pm swim	4:00-6:00pm swim	6:00-7:30am swim	4:00-5:30pm swim	4:00-5:45pm swim 6:00-7:00pm weights	OFF
					Alberta Coaches Conference	Alberta Coaches Conference National Day for Truth and Reconciliation