

National Group Calendar - April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	March 31	1	2	3	4	5
	6:00-7:30am (Swim) * Canadian Open Only			5:30-7:30am (Swim)		5:30-7:15am (Non-Cdn Open) 7:15-9:15am (Cdn Open Group)
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
6	7	8	9	10	11	12
	5:30-7:30am (Swim) * Non-Canadian Open Only			5:30-7:30am (Swim)		7:00-8:30am (Swim)
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
				Canadian Open	Canadian Open	Canadian Open
13	14	15	16	17	18	19
	OFF					
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) * Can Open Swimmers OFF	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)				
			Training Camp	Training Camp	Training Camp	Training Camp
20	21	22	23	24	25	26
						Spring Start Up Training Camp
Training Camp	Training Camp	Training Camp	Training Camp	Training Camp	Training Camp	
27	28	29	30			
	OFF					
			3:30pm (Pre-Pool) 4:00-6:00pm (Swim)			
Spring Start Up Training Camp	OFF	OFF				

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