

April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 SPRING BREAK	31 SPRING BREAK	1 3:45pm Activation 4:00-6:00pm CH	2 5:15am Activation 5:30am-7:30am UofC OFF DAY (NO SWIM)	3 3:45pm Activation 4:00pm-6:00pm CH	4 5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights (G1) UofC 5:00-6:00pm Weights (G2) UofC	5 OFF DAY (NO SWIM)
6 9:30am-10:30am Weights (G1) 10:30am-12:30am UofC 12:30pm-1:30pm Weights (G2)	7 No Swim (OFF)	8 3:45pm Activation 4:00-6:00pm CH	9 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	10 3:45pm Activation 4:00-6:00 CH	11 5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights UofC	12 OFF DAY (NO SWIM)
13 DINO CUP NO SWIM (OFF)	14 No Swim (OFF)	15 3:45pm Activation 4:00-6:00pm CH	16 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	17 3:45pm Activation 4:00-6:00pm CH	18 GOOD FRIDAY UofC CLOSED (OFF DAY)	19 OFF DAY (NO SWIM)
20 9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	21 No Swim (OFF)	22 5:15am Activation 5:30am-7:30am UofC (LC) NO PM SWIM	23 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	24 3:45 pm Activation 4:00-6:00pm CH	25 5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights (G1) 5:00-6:00pm Weights (G2)	26 SPRING START UP
27 SPRING START UP	28 No Swim (OFF) 3:45pm Activation 4:00-6:00pm SD	29 5:15am Activation 5:30am-7:30am UofC NO PM SWIM	30 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	1 3:45pm Activation 4:00pm-6:00pm CH	2 NO AM SWIM 4:00pm-5:00pm Weights (G1) 5:00pm-6:00pm Weights (G2) 6:00pm-7:30pm UofC (LC)	3 OFF DAY (NO SWIM)

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)