

## National Development - April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	6:00-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	6:00-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	OFF
6	7	8	9	10	11	12
5:00-5:45pm Weights 5:45-7:15pm Swim	6:00-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	OFF
13	14	15	16	17	18	19
5:00-5:45pm Weights 5:45-7:15pm Swim	5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	OFF <b>Good Friday</b>	7:15-9:15am swim
20	21	22	23	24	25	26
2:30-3:00pm Pre-Pool Dryland 3:00-5:00pm Swim	5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim 6:00-7:00pm weights	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	AM OFF  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	<b>SPRING START-UP</b>
27	28	29	30	1	2	3
4:00-5:30pm Swim 5:30-6:30pm Weights	5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am Swim
<b>SPRING START-UP</b>						

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