

National Development - April 2025

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

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