

JND - Decemeber 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3 6-7:30am (5:45 on deck)	4	5 Travel to Victoria	6	7 PCS Chrismtas Cracker	
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim				
8	9	10	11	12	13	14	
PCS Chrismtas Cracker	Travel Home	OFF		5:30-7:30am (5:15 on deck)		5:30-7:15am (5:15 on deck)*** ^Time to be confirmed	
	OFF		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	3:30-3:40 Arrival for Pre-Pool Swim 4-5:30pm	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim		
15	16	17	18	19	20	21	
	6-7:30am (5:45 on deck)			OFF		HOLIDAY BREAK	
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry			CASC Winter Qualy @ MNP	5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim		
22	23	24	25	26	27	28	
			HOLIDAY BREAK				
29	30	31					
HOLIDAY BREAK							

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