

# National Group Calendar - December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:30-7:30am (Swim)  3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	4 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	5 6:00-7:30am (Swim)  3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	6 2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	7 6:00-7:15am (Swim)
8	9 AM OFF  3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	10 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	11 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	12 AM OFF	13	14
15	16 Day Off	17 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	18 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	19 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	20 2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) Last Workout before Christmas	21 VPSC Winter Invitational
22	23 Travel Home from Vancouver	24	25	26	27	28
29	30	31 New Year's Eve	Christmas Day	Return to Swim on January 2nd!		

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