

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Weights 9:30-10:30am (G1) 10:30am-12:30pm UofC Weights 12:30pm-1:30pm (G2)	2 No Swim (Off)	3 3:45pm Activation 4:00-6:00pm CH	4 5:45am Activation 6:00am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	5 3:45pm Activation 4:00-6:00pm CH	6 5:45am Activation 6:00am-7:30am UofC Weights 4-5pm UofC (Group 1) Weights 5-6pm UofC (Group 2)	7 No Swim (Off)
8 Weights 9:30am-10:30am (G1) 10:30am-12:30pm UofC Weights 12:30pm-1:30pm (G2)	9 No Swim (Off)	10 3:45pm Activation 4:00-5:00pm CH	11 OFF AM 3:45pm Activation 4:00-6:00pm SD	12 TRAVEL TO KAMLOOPS DAY 3:45pm Activation 4:00-6:00 CH	13 OFF AM Kamloops Classic Weights 4-5pm UofC (Group 1) Weights 5-6pm UofC (Group 2)	14 UCSC Holiday Classic Kamloops Classic
15 UCSC Holiday Classic Kamloops Classic	16 No Swim (Off)	17 3:45pm Activation 4:00-5:00pm CH	18 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	19 3:45pm Activation 4:00-6:00pm CH	20 Winter Break! Happy Holidays!	21 Winter Break! Happy Holidays!
22 Winter Break! Happy Holidays!	23 Winter Break! Happy Holidays!	24 Winter Break! Happy Holidays!	24 Winter Break! Happy Holidays!	25 Winter Break! Happy Holidays!	26 Winter Break! Happy Holidays!	27 Winter Break! Happy Holidays!
29 Winter Break! Happy Holidays!	30 Winter Break! Happy Holidays!	31 Winter Break! Happy Holidays!	1 Winter Break! Happy Holidays!	2 Winter Break! Happy Holidays!	3 Winter Break! Happy Holidays!	4 Winter Break! Happy Holidays!

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