

# 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)
	OFF		3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	3:30-3:40 Arrival for Pre-Pool Swim 4-5:30pm Optional weights w ND: 6-7pm	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)