

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00-5:00pm FH		TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
8	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00-5:00pm FH		HOLIDAY CLASSIC at U of C
15	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00-5:00pm FH		
				LAST PRACTICES OF 2024		
22						
29						

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