

# OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	2 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	3 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	4	5 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
6 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	7 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	8 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	9 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	10 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	11	12 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
13	14 <b>THANKSGIVING</b>	15 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	16 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	17 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	18 <b>TEAM CHAMPS 1 at U of C</b>	19 <b>FALL START UP at MNP</b>
20 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	21 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	22 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	23 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	24 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	25	26 TREX A 4:00-5:00pm UofC TREX B 4:00-5:00pm UofC TREX C 4:00-5:00pm UofC
27 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	28 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	29 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	30 TREX A 4:00-5:00pm FH TREX B 4:20-5:20pm FH TREX C 5:00-6:00pm FH	31 <b>HALLOWEEN</b>		

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