National Group Calendar - FEBRUARY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	UCSC Grand Prix
-	•		5			5
	AM OFF	5:30-7:30am (Swim)		5:30-7:30am (Swim)		5:30-7:15am (Swim)
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
9	10	11	12	13	14	15
	5:30-7:30am (Swim)			5:30-7:30am (Swim)		5:30-7:15am (Swim)
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
16	17	18	19	20	21	22
				AM OFF		
	3:00-5:00pm (Swim) 5:00-6:00pm (Weights)		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)		
	Family Day	,			Cascade WTF	Cascade WTF
23	24	25	26	27	28	
	5:30-7:30am (Swim)			5:30-7:30am (Swim)		
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills, SS=Silver Springs)						