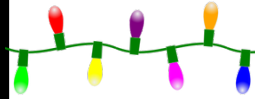
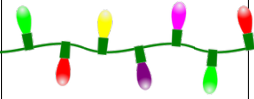
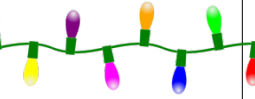
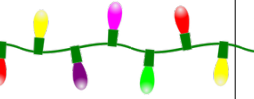
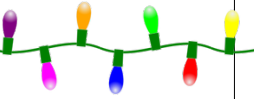
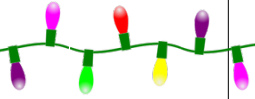
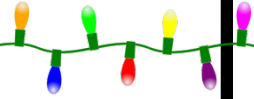
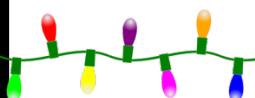
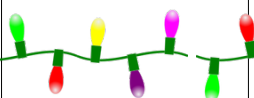
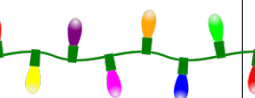
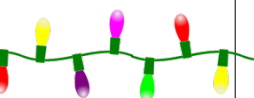
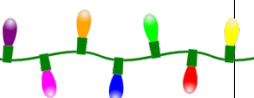
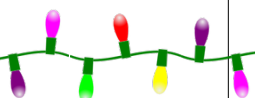
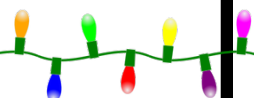


Provincial Group Calendar - December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		5:15pm (Activation) 5:30-7:30pm (Swim)	5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	5:15am (Activation) 5:30-7:30am (Swim)	
9:30-10:30am (Dryland) 10:30am-12:30pm (Swim)	7	8	9	10	11	12
		5:15pm (Activation) 5:30-7:30pm (Swim)	5:45am (Activation) 6-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	<i>Travel to Kamloops for those attending</i> 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	5:45am (Activation) 6-7:30am (Swim) KAMLOOPS CLASSIC 	KAMLOOPS CLASSIC UCSC HOLIDAY CLASSIC
KAMLOOPS CLASSIC UCSC HOLIDAY CLASSIC	14	15	16	17	18	19
	<i>Travel home from Kamloops</i>	5:15pm (Activation) 5:30-7:30pm (Swim)	5:45am (Activation) 6-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	5:45am (Activation) 6-7:30am (Swim)	HOLIDAY BREAK Happy Holidays Provincial!
HOLIDAY BREAK	21	22	23	24	25	26
						
HOLIDAY BREAK	28	29	30	31	1	2
						

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