

Provincial Group Calendar - November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9:30-10:30am (Dryland) 10:30am-12:30pm (Swim)	3	4	5 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	6 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	7 NO AM Swim - OFF UCSC TIME TRIAL 	8 CASCADE SPEED MEET UCSC TIME TRIAL
9 CASCADE SPEED MEET	10	11 REMEMBERANCE DAY  4:15pm (Activation) 4:30-6pm (Swim)	12 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	13 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	14 5:15am (Activation) 5:30-7:30am (Swim)	15
16 9:30-10:30am (Dryland) 10:30am-12:30pm (Swim)	17 5:15pm (Activation) 5:30-7:30pm (Swim)	18 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	19 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	20 5:15am (Activation) 5:30-7:30am (Swim)	21	22
23 9:30-10:30am (Weights) 10:30am-12:30pm (Swim)	24 5:15pm (Activation) 5:30-7:30pm (Swim)	25 5:45am (Activation) 6-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	26 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	27 NO AM Swim - OFF UCSC NOVEMBER INVITATIONAL 	28 UCSC NOVEMBER INVITATIONAL	29
30 UCSC NOVEMBER INVITATIONAL						

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