

Provincial Group Calendar - OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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)		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)	
NO Weights & Swim - OFF	THANKSGIVING 		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)	TEAM CHAMPS - UC Warm up 4:00pm 	FALL START UP - UC 12 & Over - Warm Up @ 8:00am
9:30-10:30am (Weights) 10:30am-12:30pm (Swim)		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 (Weights) 10:30am-12:30pm (Swim)		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)	HALLOWEEN 5:15am (Activation) 5:30-7:30am (Swim) 	

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