



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	1 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	2 5:15am (Activation) 5:30-7:30am (Swim)	3 5:15am (Activation) 5:30-7:30am (Swim)
9:30-10:30am (Dryland) 10:30am-12:30pm (Swim)	5	6	7 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	8 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	9 5:15am (Activation) 5:30-7:30am (Swim)	10 5:15am (Activation) 5:30-7:30am (Swim)
12 NO Weights & Swim - OFF	13 THANKSGIVING 	14 5:15pm (Activation) 5:30-7:30pm (Swim)	15 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	16 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	17 TEAM CHAMPS - UC Warm up 4:00pm Sign up deadline - Sept 29	18 FALL START UP - UC 12 & Over - Warm Up - 8:00am 13 & Under - Warm Up - 2:00pm Sign up deadline - Oct 1
19 9:30-10:30am (Weights) 10:30am-12:30pm (Swim)	20	21 5:15pm (Activation) 5:30-7:30pm (Swim)	22 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	23 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	24 5:15am (Activation) 5:30-7:30am (Swim)	25
26 9:30-10:30am (Weights) 10:30am-12:30pm (Swim)	27	28 5:15pm (Activation) 5:30-7:30pm (Swim)	29 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	30 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	31 NOSE CREEK FALL INVITATIONAL  HALLOWEEN	1 NOSE CREEK FALL INVITATIONAL

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