






Provincial Group Calendar - SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labour Day 	2	3	4	5	6
7	8	9 5:15pm (Activation) 5:30-7:30pm (Swim)	10 NO AM Swim - OFF 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	11 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	12 NO PM Swim - OFF	13 
14 NO Weights & Swim - OFF	15	16 5:15pm (Activation) 5:30-7:30pm (Swim) * *team photos during practice UCSC team shirt required 	17 NO AM Swim - OFF 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	18 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	19 6:15pm (Activation) RR YMCA 6:30-8:30pm (Swim) RR YMCA	20 UCSC Fall BBQ
21 NO Weights & Swim - OFF	22	23 5:15pm (Activation) 5:30-7:30pm (Swim) 5:15pm (Activation) 5:30-7:30pm (Swim)	24 5:15am (Activation) 5:30-7:30am (Swim) 3:45pm (Activation) SD 4:00-6:00pm (Swim) SD	25 4:45-5:45pm (Weights) 5:45-7:00pm (Swim)	26 6:15pm (Activation) RR YMCA 6:30-8:30pm (Swim) RR YMCA	27
28 9:30-10:30am (Dryland) 10:30am-12:30pm (Swim) 12:45pm Team/Parent meeting (KNB 150) 	29	30 Truth and Reconciliation 				

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