

# National Group Calendar - JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				7:00-7:30am (Pre-Pool) 7:30-9:00am (Swim)		6:30-7:00am (Pre-Pool) 7:00-8:30am (Swim)
			New Year's Day		2:30-3:30pm (Weights) 3:30pm (Pre-Pool) <b>4:00-5:30pm (Swim)</b> 6:00-7:00pm (Weights)	
5	6	7	8	9	10	11
	6:00-7:30am (Swim)			6:00-7:30am (Swim)		5:30-7:15am (Swim)
3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
12	13	14	15	16	17	18
	5:30-7:30am (Swim)			5:30-7:30am (Swim)		5:30-7:15am (Swim)
3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
19	20	21	22	23	24	25
	5:30-7:30am (Swim)			5:30-7:30am (Swim)		5:30-7:15am (Swim)
3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
26	27	28	29	30	31	
	5:30-7:30am (Swim)			AM OFF		
3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	UCSC Grand Prix	

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