

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	30	31	1	2	3	4
Winter Break! Happy Holidays!	Winter Break! Happy Holidays!	Winter Break! Happy Holidays!	Winter Break! Happy Holidays!	Winter Break! Happy Holidays!	Winter Break! Happy Holidays!	Winter Break! Happy Holidays!
5	6	7	8	9	10	11
Winter Break! Happy Holidays!	No Swim (Off)	3:45pm Activation 4:00-5:00pm CH	5:45am Activation 6:00am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00 CH	5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights (G1) UofC 5:00-6:00pm Weights (G2) UofC	No Swim (Off)
12	13	14	15	16	17	18
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	No Swim (Off)	3:45pm Activation 4:00-5:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights (G1) 5:00-6:00pm Weights (G2)	No Swim (Off)
19	20	21	22	23	24	25
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 4:00pm-5:00pm Weights (G1) 5:00-6:00pm Weights (G2)	No Swim (Off)
26	27	28	29	30	31	1
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	No Swim (Off)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	NO PRACTICE IN AM UCSC GRAND PRIX	UCSC GRAND PRIX

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)