

# JND - April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>31-Mar</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	OFF	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	OFF	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	OFF (Dino Cup)	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim + Dry	OFF - GOOD Friday	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Easter Monday  Dryland TBD Swim 3-5pm	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-5:30pm Swim	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim Weights 6-7pm	Spring Start Up
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
Spring Start Up	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim			

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