

JND - July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **7:30-9am @ MNP**	2 **Swim in Edmonton 12-1**	3	4	5
				EKI @ Edmonton		
6	7	8 6-7:30am (5:45 on deck) *for those not at EKI	9	10 SILVER SPRINGS 6:30-8AM *6:00 pre-pool	11	12 6-7:45am (5:45 on deck) weights 7:45-8:45am
EKI @ Edmonton	4-5:30pm Swim *for those not at EKI		3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)	4:00 Arrival for Pre-Pool 4:30-6:15pm Swim	
13	14	15 6-7:30am (5:45 on deck)	16	17 SILVER SPRINGS 6:30-8AM *6:00 pre-pool	18	19 6-7:30am (5:45 on deck) weights 7:45-8:45am
	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim + Dry		3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)	4:00 Arrival for Pre-Pool 4:30-6:15pm Swim	
20	21	22 6-7:30am (5:45 on deck)	23	24	25	26
		Montreal crew - travel day	Swim @ MTL OR Swim @ Edmonton	GP du Quebec @ Montreal		
	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim + Dry			Alberta Provincial Champs @ Edmonton		
27	28	29	30	31		
GP du Quebec						
Prov Champs						

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