

# JND - June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	OFF	OFF		5:30-7:30am (5:15 on deck)	Swim 1-3pm Weights 3-4pm	Swim 5:30-7:15 (5:15 on deck)
8	9	10	11	12	13	14
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	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	Swim 5:30-7:15 (5:15 on deck) Weights 7:15-8:30am
15	16	17	18	19	20	21
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	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	Swim 7:15-9:15am + DRY 9:15-10am
22	23	24	25	26	27	28
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	5:30-7:30am (5:15 on deck)		TEAM CHAMPS	SILVER SPRINGS 6:30-8AM *6:00 pre-pool	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	Swim 5:30-7:15 (5:15 on deck) Weights 7:15-8:30am
29	30	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul
3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	**7:30-9am @ MNP**	**Swim in Edmonton 12-1**	EKL @ Edmonton			

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