## JND - June 2025

SUNDAY	MONDAY		TUESDAY	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	1	2	3		4		5		6		
			OFF			5:30-7:30am (5:15 on deck)				Serving 5:30 7:45 (5:45 on deals)	
								Swim 1-3pm		Swim 5:30-7:15 (5:15 on deck)	()
								Weights 3-4pm			
	OFF										
				3:30-3:40 Arrival for Pre-Pool							
				4-6pm Swim		5-7pm (5-6 Dry/ 6-7 Swim)					
	8	9	10		11		12		13		
			5:30-7:30am (5:15 on deck)			5:30-7:30am (5:15 on deck)				Contra 5:30 7:45 (5:45 and deal)	
										Swim 5:30-7:15 (5:15 on deck) Weights 7:15-8:30am	()
										Weights 7.13 0.30um	
	3:30-3:40 Arrival for Pre-Pool							3:30-3:40 Arrival for Pre-Pool			
	4-6:20pm Swim + Dry			3:30-3:40 Arrival for Pre-Pool				4-5:45pm Swim			
				4-6pm Swim		5-7pm (5-6 Dry/ 6-7 Swim)					
	45				4.5				2.5		
2	15	16			18	E:20 7:20om /E:4E an dad:\	19		20		
			5:30-7:30am (5:15 on deck)			5:30-7:30am (5:15 on deck)					
										Swim 7:15-9:15am	1 +
										DRY 9:15-10am	
	3:30-3:40 Arrival for Pre-Pool							3:30-3:40 Arrival for Pre-Pool			
	4-6:20pm Swim + Dry			3:30-3:40 Arrival for Pre-Pool				4-5:45pm Swim			
				4-6pm Swim		5-7pm (5-6 Dry/ 6-7 Swim)					
	22	23	24		25		26		27		
			5:30-7:30am (5:15 on deck)			SILVER SPRINGS 6:30-8AM	20		۷,		
			5.55 / 150am (5.15 on activ)			*6:00 pre-pool				Swim 5:30-7:15 (5:15 on deck)	<b>(</b> )
										Weights 7:15-8:30am	•
	3:30-3:40 Arrival for Pre-Pool							3:30-3:40 Arrival for Pre-Pool			
	4-6:20pm Swim + Dry			TEAM CHAMPS		F 7 (F C D ( C 7 C . 1 )		4-5:45pm Swim			
						5-7pm (5-6 Dry/ 6-7 Swim)					
	29	30	01-Jul	02	-Jul		03-Jul		04-Jul		C
			**7:30-9am @ MNP**								
				***				FIG. 0. F. 1			
	2.20 2.40 4 - 15 - 2 - 2 - 1			**Swim in Edmonton 12-1*	•			EKI @ Edmonton		1	
	3:30-3:40 Arrival for Pre-Pool										
	4-6:20pm Swim + Dry										
برنما المطفعة مطالنين مغيرميات	<b></b> ersity of Calgary pool unless otherw	·		1 91 = 1913				1		<u> </u>	