

# JND - May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27-Apr	28-Apr	29-Apr	30-Apr	1	2	3
	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	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
4	5	6	7	8	9	10
	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	MZ 5:30-7:30 Kelowna - Swim 7-8am		MZ 5:30-7:15am
				MZ 4-6pm	MZ 4-6pm + weights	
11	12	13	14	15	16	17
KELOWNA	Kelowna crew - OFF			5:30-7:30am (5:15 on deck)		5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
	MZ 4-6pm	MZ 4-6pm	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	5-7pm (5-6 Dry/ 6-7 Swim)	3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	
					Mel Zajac	
18	19	20	21	22	23	24
	Swim 3-5pm	5:30-7:30am (5:15 on deck)	OFF - Club Banquet	6-7:30am (5:45 on deck)	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
Mel Zajac				5-7pm (5-6 Dry/ 6-7 Swim)		
25	26	27	28	29	30	31
	3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	6-7:30am (5:45 on deck)	3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	6-7:30am (5:45 on deck)	CSI @ MNP	
				5-7pm (5-6 Dry/ 6-7 Swim)		

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