

JUNIOR NATIONAL DEVELOPMENT - OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:40 Pre-Pool 6:00-7:30pm UC	2 Swim 6 -7:30am (5:45 arrival) 3:30 Pre-Pool 4:00-5:45pm UC	3 Swim 6 -7:30am (5:45 arrival) Weights 7:30-8:30am	4
5 Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	6 **2nd Yrs Only Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	7 3:30 Pre-Pool 4:00-6:30pm (Swim + Dry)	8 5:40 Pre-Pool 6:00-7:30pm UC	9 Swim 5:30 -7:30am (5:15 arrival) 3:30 Pre-Pool 4:00-5:45pm UC	10 Swim 5:30 -7:30am (5:15 arrival) Weights 7:30-8:30am	11
12 THANKSGIVING - OFF	13 THANKSGIVING - OFF	14 3:30 Pre-Pool 4:00-6:30pm (Swim + Dry)	15 5:40 Pre-Pool 6:00-7:30pm UC	16 Swim 5:30 -7:30am (5:15 arrival) Team Champs @ U of C	17 Fall Start Up @ U of C (Morning Session for All)	18
19 Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	20 **Girls only AM Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	21 3:30 Pre-Pool 4:00-6:30pm (Swim + Dry)	22 5:40 Pre-Pool 6:00-7:30pm UC	23 Swim 5:30 -7:30am (5:15 arrival) 3:30 Pre-Pool 4:00-5:45pm UC	24 Swim 5:30 -7:30am (5:15 arrival) Weights 7:30-8:30am	25
26 Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	27 **Boys only AM Swim 5:30 -7:30am (5:15 arrival) 3:30pm Pre-Pool 4-6pm Swim + Dry	28 3:30 Pre-Pool 4:00-6:30pm (Swim + Dry)	29 5:40 Pre-Pool 6:00-7:30pm UC	30 Swim 5:30 -7:30am (5:15 arrival) OFF (Varsity Dino Invite)	31 Swim 5:30 -7:30am (5:15 arrival) Weights 7:30-8:30am	01-Nov

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