

JND - October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29-Sep	30-Sep	1	2	3	4	5
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) Girls Only AM: 5:30-7:30am (5:15 on deck)	5-7pm (5-6 Dry/ 6-7 Swim)	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
6	7	8	9	10	11	12
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) Boys Only AM: 5:30-7:30am (5:15 on deck)	5-7pm (5-6 Dry/ 6-7 Swim)	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
13	14	15	16	17	18	19
OFF	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) 2nd Yr JND Only AM: 5:30-7:30am (5:15 on deck)	5-7pm (5-6 Dry/ 6-7 Swim)	Team Champs @ U of C	Fall Start Up @ MNP
20	21	22	23	24	25	26
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) **ALL**	5-7pm (5-6 Dry/ 6-7 Swim)	OFF (Varisty meet @ U of C)	5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
27	28	29	30	31		
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)	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)