

National Development - July 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30-Jun	1-Jul	2	3	4	5
	5:00-5:45pm Weights 5:45-7:00pm Swim	11:00am-12:30pm Swim MNP	6:30-8:00am Swim SILVER SPRINGS	Non-EKI Swim 4:00-5:30pm	Non-EKI Swim 4:00-5:30pm	
				EKI - Edmonton		
6	7	8	9	10	11	12
	OFF	OFF	6:30-8:00am Swim SILVER SPRINGS	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim 6:00-7:00pm Weights	5:45-6:15 Pre-Pool Dryland 6:15-7:30pm Swim	7:45-9:45am Swim
EKI	OFF	OFF				
13	14	15	16	17	18	19
	5:00-5:45pm Weights 5:45-7:00pm Swim	6:00-7:30am Swim	6:30-8:00am Swim SILVER SPRINGS	3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim 6:00-7:00pm Weights	5:45-6:15 Pre-Pool Dryland 6:15-7:30pm Swim	7:45-9:15am Swim
		4:00-4:30pm Pre-Pool Dryland 4:30-6:00pm Swim				
20	21	22	23	24	25	26
	5:00-5:45pm Weights 5:45-7:00pm Swim	4:00-4:30pm Pre-Pool Dryland 4:30-6:00pm Swim	6:30-8:00am Swim SILVER SPRINGS			
				AB SUMMER CHAMPS - Edmonton		
27	28	29	30	31		

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

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