

National Development - July 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 11:00am-12:30pm Swim MNP	2 6:30-8:00am Swim SILVER SPRINGS	3	4	5
				Ekl - Edmonton		
6		7 OFF	8 6:30-8:00am Swim SILVER SPRINGS	9	10	11 7:45-9:45am Swim
Ekl	OFF	OFF		3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	5:45-6:15 Pre-Pool Dryland 6:15-7:30pm Swim	
13		14 6:00-7:30am Swim	15 6:30-8:00am Swim SILVER SPRINGS	16	17	18 7:45-9:45am Swim
5:00-5:45pm Weights 5:45-7:00pm Swim		4:00-4:30pm Pre-Pool Dryland 4:30-6:00pm Swim		3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim	5:45-6:15 Pre-Pool Dryland 6:15-7:30pm Swim	
20		21 5:00-5:45pm Weights 5:45-7:00pm Swim	22 4:00-4:30pm Pre-Pool Dryland 4:30-6:00pm Swim	23 6:30-8:00am Swim SILVER SPRINGS	24	25
					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)