

# July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 10:30am-12:30pm UofC 12:30pm-1:30pm Weights  PROVINCIAL TRIALS	30 5:45am Activation 6:00am-7:30am UofC  5:45pm Activation 6:00pm-7:00pm UofC	1  Happy Canada Day Eh! No Swim	2 EKI EDM Training: 1-2pm Kinsmen  Calgary Champs Training: 3:45pm Activation 4:00pm-5:30pm UofC	3 Calgary Champs Training: 3:45pm Activation 4:00pm-6:00pm UofC  EKI	4 6:15am Activation 6:30am-8:00am SS  EKI	5    EKI
6   EKI	7 5:45am Activation 6:00am-7:30am UofC  5:45pm Activation 6:00pm-7:00pm UofC	8  5:45pm Activation 6:00pm-7:00pm UofC	9   Weights 4:30pm-5:45pm 5:45pm-7:00pm UofC	10 5:45am Activation 6:00am-7:30am UofC	11 6:15am Activation 6:30am-8:00am SS  Weights 5:00pm-6:00pm	12   2:45pm Activation 3:00pm-5:00pm UofC
13 OFF (NO SWIM)	14 5:45am Activation  5:45pm Activation 6:00pm-7:00pm UofC	15  5:45pm Activation 6:00-7:00pm UofC	16   Weights 4:30pm-5:45pm 5:45pm-7:00pm UofC	17 5:45am Activation 6:00am-7:30am UofC	18 6:15am Activation 6:30am-8:00am SS  Weights 5:00pm-6:00pm	19   2:45pm Activation 3:00-5:00pm UofC
20 OFF (NO SWIM)	21 OFF AM (NO SWIM)  5:45pm Activation 6:00pm-7:00pm UofC	22  5:45pm Activation 6:00pm-7:00pm UofC	23 EDMONTON CHAMPS: 2:30pm-4:30pm Kinsmen	24   SUMMER PROVINCIAL CHAMPS	25   SUMMER PROVINCIAL CHAMPS	26   SUMMER PROVINCIAL CHAMPS
27   SUMMER PROVINCIAL CHAMPS	28 SUMMER BREAK	29 SUMMER BREAK	30 SUMMER BREAK	31 SUMMER BREAK	4 SUMMER BREAK	5 SUMMER BREAK

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills, SS = Silver Springs)