

National Development - June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFF	2 OFF	3 OFF  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	4 5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5 1:00-3:00pm Swim	6 5:30-7:30am Swim	7 7:15-9:15am swim
CSI						
8	9  5:00-5:45pm Weights 5:45-7:15pm Swim	10 5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	11 5:30-7:30am Swim	12 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	13 5:30-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	14 7:15-9:15am swim
15	16  5:00-5:45pm Weights 5:45-7:15pm Swim	17 5:30-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	18 5:30-7:30am Swim	19 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	20 5:30-7:30am Swim  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	21 7:15-9:15am swim
22	23  5:00-5:45pm Weights 5:45-7:15pm Swim	24 6:00-7:30am Swim  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	25 AM OFF  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	26 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	27 OFF  5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	28 7:15-9:15am swim
			TEAM CHAMPS			
29	30  5:00-5:45pm Weights 5:45-7:15pm Swim	1 OFF  3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	2 Swim TBD	3	4	5
				EKI - Edmonton		

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