

Provincial Lite - April 2025

Updated Mar 15

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3:45pm Activation 4:00 - 6:00pm CH	2 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	3	4 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	5 2:15pm Activation 2:30 - 4:30pm UofC
6 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	7	8 3:45pm Activation 4:00 - 6:00pm CH	9 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	10	11 3:45pm Activation 4:00 - 6:00pm UofC 6:00 - 7:00pm Weights	12 OFF (Dino Cup)
13 OFF (Dino Cup)	14	15 3:45pm Activation 4:00 - 6:00pm CH	16 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	17	18 OFF Good Friday	19 2:15pm Activation 2:30 - 4:30pm UofC
20 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2) Easter Sunday	21	22 3:45pm Activation 4:00 - 6:00pm CH <i>Lite Solo</i>	23 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	24	25 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	26 OFF Spring Start Up
27 OFF Spring Start Up	28	29 3:45pm Activation 4:00 - 6:00pm CH <i>Lite Solo</i>	30 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA			

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