

# Provincial Lite - February 2025

| SUNDAY   | MONDAY            | TUESDAY                                     | WEDNESDAY   | THURSDAY | FRIDAY   | SATURDAY                                      |
|--|-------------------|---|---|----------|--|---|
|  |                   |   |   |          |  | 1<br>OFF                                      |
| 2<br>OFF   | 3                 | 4<br>3:45pm Activation<br>4:00 - 6:00pm CH  | 5<br>7:45pm Activation<br>8:00 - 9:00pm Rocky Ridge YMCA  | 6        | 7<br>4:00 - 5:00pm Weights (Group 1)<br>5:00 - 6:00pm Weights (Group 2)  | 8<br>2:15pm Activation<br>2:30 - 4:30pm UofC  |
| <b>UCSC Grand Prix</b>   |                   |   |   |          |  | <b>UCSC Grand Prix</b>                        |
| 9<br>9:30 - 10:30am Weights (Group 1)<br>10:15am Activation<br>10:30am - 12:30pm UofC<br>12:30 - 1:30pm Weights (Group 2)  | 10                | 11<br>3:45pm Activation<br>4:00 - 6:00pm CH | 12<br>7:45pm Activation<br>8:00 - 9:00pm Rocky Ridge YMCA | 13       | 14<br>4:00 - 5:00pm Weights (Group 1)<br>5:00 - 6:00pm Weights (Group 2) | 15<br>2:15pm Activation<br>2:30 - 4:30pm UofC |
| 16<br>9:30 - 10:30am Weights (Group 1)<br>10:15am Activation<br>10:30am - 12:30pm UofC<br>12:30 - 1:30pm Weights (Group 2) | 17                | 18<br>3:45pm Activation<br>4:00 - 6:00pm CH | 19<br>7:45pm Activation<br>8:00 - 9:00pm Rocky Ridge YMCA | 20       | 21<br>OFF  | 22<br>OFF                                     |
|  | <b>Family Day</b> |   |   |          | <b>Cascade WTF</b>   | <b>Cascade WTF / UCSC February Invite</b>     |
| 23<br>OFF  | 24                | 25<br>3:45pm Activation<br>4:00 - 6:00pm CH | 26<br>7:45pm Activation<br>8:00 - 9:00pm Rocky Ridge YMCA | 27       | 28<br>4:00 - 5:00pm Weights (Group 1)<br>5:00 - 6:00pm Weights (Group 2) |   |
| <b>UCSC February Invitational</b>  |                   |   |   |          |  |   |

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