

Provincial & Lite - July 2025

Updated Jun 24

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------|--|---|---|---|--|---|
| | 5:45am Activation 6:00 - 7:30am UofC 5:45pm Activation 6:00 - 7:00pm UofC | 1 OFF Canada Day | 2 12:45pm Activation 1:00 - 2:00pm Kinsmen (EDM) 3:45pm Activation 4:00 - 5:30pm UofC | 3 3:45pm Activation 4:00 - 6:00pm UofC EKI | 4 6:15am Activation 6:30 - 8:00am Silver Springs EKI | 5 EKI |
| 6 | 7 5:45am Activation 6:00 - 7:30am UofC 5:45pm Activation 6:00 - 7:00pm UofC EKI | 8 5:45pm Activation 6:00 - 7:00pm UofC | 9 4:30 - 5:30pm Weights 5:45 - 7:00pm UofC | 10 5:45am Activation 6:00 - 7:30am UofC | 11 6:15am Activation 6:30 - 8:00am Silver Springs 5:00 - 6:00pm Weights | 12 2:45pm Activation 3:00 - 5:00pm UofC |
| 13 | 14 5:45am Activation 6:00 - 7:30am UofC 5:45pm Activation 6:00 - 7:00pm UofC | 15 5:45pm Activation 6:00 - 7:00pm UofC | 16 4:30 - 5:30pm Weights 5:45 - 7:00pm UofC | 17 5:45am Activation 6:00 - 7:30am UofC | 18 6:15am Activation 6:30 - 8:00am Silver Springs 5:00 - 6:00pm Weights | 19 2:45pm Activation 3:00 - 5:00pm UofC |
| 20 | 21 5:45pm Activation 6:00 - 7:00pm UofC | 22 5:45pm Activation 6:00 - 7:00pm UofC | 23 2:15 Activation 2:30 - 4:00pm Kinsmen (EDM) | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| Alberta Summer Provincials | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | SUMMER BREAK | | |

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