

# Provincial Lite - June 2025

Updated Apr 10

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2) <i>*Non-TREX Swimmers*</i>		7:00am Activation 7:15 - 9:15am UofC <i>*Non-TREX Swimmers*</i>	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
CSI 2025										UCSC TREX		UCSC TREX	
8		9		10		11		12		13		14	
OFF				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)		2:15pm Activation 2:30 - 4:30pm UofC	
UCSC TREX													
15		16		17		18		19		20		21	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		3:45pm Activation 4:00 - 6:00pm CH				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)		2:15pm Activation 2:30 - 4:30pm UofC	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
										Steve Brown Memorial Invite		Steve Brown Memorial Invite	
22		23		24		25		26		27		28	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation 4:00 - 6:00pm CH		OFF				4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)		2:15pm Activation 2:30 - 4:30pm UofC	
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
Steve Brown Memorial Invite						UCSC Team Champs 2				Alberta Summer LC Trials		Alberta Summer LC Trials	
29		30											
9:30 - 10:30am Weights (Group 1)													
10:15am Activation													
10:30am - 12:30pm UofC													
12:30 - 1:30pm Weights (Group 2)													
Alberta Summer LC Trials													

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