

Provincial Lite - June 2025

Updated May 28

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1		2		3		4		5		6		7	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation		3:45pm Activation				4:00 - 5:00pm Weights (Group 1)		7:00am Activation	
10:15am Activation				4:00 - 6:00pm CH		4:00 - 6:00pm CH				5:00 - 6:00pm Weights (Group 2)		7:15 - 9:15am UofC	
10:30am - 12:30pm UofC										*Non-TREX Swimmers*		*Non-TREX Swimmers*	
12:30 - 1:30pm Weights (Group 2)													
CSI 2025										UCSC TREX		UCSC TREX	
8		9		10		11		12		13		14	
OFF				3:45pm Activation		3:45pm Activation				4:00 - 5:00pm Weights (Group 1)		2:15pm Activation	
				4:00 - 6:00pm CH		4:00 - 6:00pm CH				5:00 - 6:00pm Weights (Group 2)		2:30 - 4:30pm UofC	
UCSC TREX													
15		16		17		18		19		20		21	
9:30 - 10:30am Weights (Group 1)				3:45pm Activation		3:45pm Activation				4:00 - 5:00pm Weights (Group 1)		2:15pm Activation	
10:15am Activation				4:00 - 6:00pm CH		4:00 - 6:00pm CH				5:00 - 6:00pm Weights (Group 2)		2:30 - 4:30pm UofC	
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		OFF				6:15am Activation		2:15pm Activation	
10:15am Activation				4:00 - 6:00pm CH						6:30 - 8:00am Silver Springs		2:30 - 4:30pm UofC	
10:30am - 12:30pm UofC										5:00 - 6:00pm Weights			
12:30 - 1:30pm Weights (Group 2)				*Last practice for those not attending EKI or Provincial Championships		UCSC Team Champs 2				*Only EKI & Champs swimmers from here going forward			
										Alberta Summer LC Trials		Alberta Summer LC Trials	
Steve Brown Memorial Invite													
29		30											
9:30 - 10:30am Weights (Group 1)		5:45am Activation											
10:15am Activation		6:00 - 7:30am UofC											
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)