

Provincial Lite - March 2025

Updated Mar 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 2:15pm Activation 2:30 - 4:30pm UofC
2 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	3 3:45pm Activation 4:00 - 6:00pm CH	4 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	5 4:00 - 5:00pm Weights (EVERYONE)	6 2:15pm Activation 2:30 - 4:30pm UofC	7 Alberta Provincial Trials	8 Alberta Provincial Trials
9 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (EVERYONE) Alberta Provincial Trials	10 3:45pm Activation 4:00 - 6:00pm CH	11 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	12 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	13 2:15pm Activation 2:30 - 4:30pm UofC	14 LASC Pronghorn Classic	15 LASC Pronghorn Classic
16 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2) LASC Pronghorn Classic	17 3:45pm Activation 4:00 - 6:00pm CH	18 OFF *Champs Travel Day*	19 OFF	20 OFF	21 OFF	22 Alberta Provincial Champs
23 OFF Alberta Provincial Champs	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK	27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK
30 SPRING BREAK	31					

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