



Provincial Lite - October 2024

Updated Oct 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3:45pm Activation 4:00 - 6:00pm CH	2 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	3	4 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	5 1:45pm Parent Meeting (KNB236) 2:15pm Activation 2:30 - 4:30pm UofC
6 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	7 3:45pm Activation 4:00 - 6:00pm CH	8 3:45pm Activation 4:00 - 6:00pm CH	9 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	10	11 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	12 2:15pm Activation 2:30 - 4:30pm UofC
13 *OPTIONAL* 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights *OPTIONAL*	14  Thanksgiving Day	15 3:45pm Activation 4:00 - 6:00pm CH	16 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	17 OFF	18 OFF UCSC Team Champs 1	19 OFF UCSC Fall Start Up
20 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	21 3:45pm Activation 4:00 - 6:00pm CH	22 3:45pm Activation 4:00 - 6:00pm CH	23 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	24 4:00 - 5:00pm Weights (Group 1) 5:00 - 6:00pm Weights (Group 2)	25 7:00am Activation 7:15 - 9:15am UofC	26
27 9:30 - 10:30am Weights (Group 1) 10:15am Activation 10:30am - 12:30pm UofC 12:30 - 1:30pm Weights (Group 2)	28	29 3:45pm Activation 4:00 - 6:00pm CH	30 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	31  Halloween		

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