



Provincial Lite - October 2025

Updated Sep 26

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

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