

Provincial Lite - September 2025

Updated Sep 9

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|-------------------------|-----------------------|
| | 1 SUMMER BREAK | 2 SUMMER BREAK | 3 SUMMER BREAK | 4 SUMMER BREAK | 5 SUMMER BREAK | 6 SUMMER BREAK |
| | Labour Day | | | | | |
| 7 SUMMER BREAK | 8 3:45pm Activation 4:00 - 5:30pm CH | 9 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA | 10 4:00 - 5:00pm Weights | 11 OFF | 12 UCSC Fall BBQ | 13 |
| 14 OFF | 15 3:45pm Activation 4:00 - 6:00pm CH | 16 7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA | 17 4:00 - 4:40pm Squad Photos (UofC) No Weights | 18 2:45pm Activation 3:00 - 4:30pm UofC | 19 | 20 |
| 21 9:30 - 10:30am Dryland 10:30am - 12:30pm UofC | 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 | 25 Parent Meeting: 2:00pm in KNA131 2:45pm Activation 3:00 - 5:00pm UofC | 26 | 27 |
| 28 9:30 - 10:30am Dryland 10:30am - 12:30pm UofC | 29 OFF | 30 National Day for Truth and Reconciliation | | | | |

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