

National Group Calendar - MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5:30-7:15am (Swim)
2	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3	4	5	6	7 7:15-9:15am (Swim)
		Westmount Travel Day	Westmount Pro Swim Series	Westmount Pro Swim Series	Westmount Pro Swim Series	Westmount Pro Swim Series
9	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) * Westmount Group Off	10	11	12	13	14 6:00-7:30am (Swim)
		* Westmount Group Off			6:00-7:30am (Swim)	
16	5:30-7:30am (Swim) * Non-Champs Only 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	17	18	19	20	21 7:15-9:15am * Non-Champs Only
			Champs Training Session 1:00-3:00pm @ Kinsmen Pool	5:30-7:30am (Swim) * Non-Champs Only		7:15-9:15am * Non-Champs Only
			Travel to AB Champs	Alberta Winter Champs	Alberta Winter Champs	Alberta Winter Champs
23	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) * Non-Champs Only	24	25	26	27	28 5:30-7:15am (Swim)
		5:30-7:30am (Swim) * Non-Champs Only				
Alberta Winter Champs	This Week is Off for Non-Canadian Open Swimmers					

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