

JND - March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
2	3 3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	4 5:30-7:30am (5:15 on deck)	5 3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	6 5:30-7:30am (5:15 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	7 3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	8 5:30-7:15am (5:15 on deck) 7:15-8:15 Weights
9	10 3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	11 5:30-7:30am (5:15 on deck)	12 3:30-3:40 Arrival for Pre-Pool 4-6pm Swim	13 6-7:30am (5:45 on deck) 5-7pm (5-6 Dry/ 6-7 Swim)	14 3:30-3:40 Arrival for Pre-Pool 4-5:45pm Swim	15 Swim 7:30-9:15am Weights 9:15-10:30am
16	17 3:30-3:40 Arrival for Pre-Pool 4-6:20pm Swim + Dry	18 6-7:30am swim (5:45am on deck)	19 SWIM IN EDMONTON 1-3pm Non Champs: 5-6pm U of C	20 Non Champs: 6-7pm U of C	21 22 SWIM AB PROVINCIAL CHAMPS	
23	24	25	26	27	28	29
SWIM AB PROV CHAMPS		SPRING BREAK				