

National Group Calendar - MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1		2
				5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	5:30-7:15am (Swim)
4	5	6	7	8	9	10
	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) Kelowna Invitational	5:30-7:15am (Swim) Kelowna Invitational
11	12	13	14	15	16	17
	6:00-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) Kelowna Invitational	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	* Swimmers not attending Zajac talk to your coach for your plan. Mel Zajac Travel Day	Mel Zajac Invitational	Mel Zajac Invitational
18	19	20	21	22	23	24
	3:00-5:00pm (Swim) * Non - Zajac Only Mel Zajac Invitational	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	2:00-4:00pm (Swim) * Trials Swimmers Only Club Awards Banquet	6:00-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	5:30-7:15am (Swim)
25	26	27	28	29	30	31
	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights) CSI Meet	7:15-9:15am (Swim) * Trials swimmers only CSI Meet

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