

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00pm-6:00pm CH	NO AM SWIM 4:00pm-5:00pm Weights (G1) 5:00pm-6:00pm Weights (G2) 6:00pm-7:30pm UofC (LC)	OFF DAY (NO SWIM)
4	5	6	7	8	9	10
9:30am-10:30am Weights (G1) 10:30am-12:30am UofC 12:30pm-1:30pm Weights (G2)	No Swim (OFF)	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00 CH	5:15am Activation 5:30am-7:30am UofC 4:00-5:00pm Weights (G1) UofC 5:00-6:00pm Weights (G2) UofC	OFF DAY (NO SWIM)
11	12	13	14	15	16	17
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	No Swim (OFF)	5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm CH	3:45pm Activation 4:00-6:00pm SD	5:15am Activation 5:30am UofC 3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 4:00-5:30pm Weights Bonus time at the end!	OFF DAY (NO SWIM)
18	19	20	21	22	23	24
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30pm-1:30pm Weights (G2)	No Swim (OFF) - Victoria Day!	3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC UCSC BANQUET	3:45 pm Activation 4:00-6:00pm CH	5:45am Activation 6:00am-7:30am UofC 4:00-5:00pm Weights (G1) 5:00-6:00pm Weights (G2)	OFF DAY (NO SWIM)
25	26	27	28	29	30	31
9:30am-10:30am Weights (G1) 10:30am-12:30am UofC 12:30pm-1:30pm Weights (G2)	No Swim (OFF)	3:45pm Activation 4:00-6:00pm UofC	5:45am Activation 6:00am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	OFF AM CSI	Non-CSI w/ Kenton 2:15pm Activation 2:30-4:30pm UofC CSI

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)