

National Development - May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	2 5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	3 7:15-9:15am swim
4 5:00-5:45pm Weights 5:45-7:15pm Swim	5 5:00-5:45pm Weights 5:45-7:15pm Swim	6 5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	7 5:30-7:30am Swim	8 **Kelowna only: 7:00-8:00am 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim (coach Taylor) 5:45-7:00pm Weights	9 5:30-7:30am Swim *with provincial 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim (coach Taylor)	10 5:30-7:15am swim *with National
11 5:00-5:45pm Weights 5:45-7:15pm Swim Kelowna off	12 5:00-5:45pm Weights 5:45-7:15pm Swim Kelowna off	13 5:30-7:30am Swim Kelowna off 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	14 5:30-7:30am Swim	15 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim *with Natioanl & JND 5:45-6:45pm Weights	16 5:30-7:30am Swim * with provincial 3:30-4:00pm Pre-Pool Dryland 4:00-6:00pm Swim *with National & JND	17 5:30-7:15am Swim *with National & JND
KELOWNA					KELOWNA	
18 3:00-5:00pm Swim 5:00-6:00pm Weights Zajac Off	19 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	20 5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	21 5:30-7:30am Swim	22 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	23 5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	24 7:15-9:15am swim
MEL ZAJAC			BANQUET			
25 5:00-5:45pm Weights 5:45-7:15pm Swim	26 6:00-7:30am swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	27 6:00-7:30am swim	28 6:00-7:30am swim	29 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	30 CSI	31

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