

National Group Calendar - October 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|--|-------------------------|
| | | | 1 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 2 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-5:45pm (Swim) | 3 2:30-3:30pm (Weights Carl) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) | 4 5:30-7:15am (Swim) |
| 5 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) | 6 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Carl) | 7 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 8 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-5:45pm (Swim) | 9 2:30-3:30pm (Weights Carl) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) | 10 5:30-7:15am (Swim) | 11 |
| 12 | 13 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Carl) OFF THANKSGIVING | 14 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 15 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-5:45pm (Swim) | 16 2:30-3:30pm (Weights Carl) Team Champs | 17 Fall Start Up | 18 |
| 19 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) | 20 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Carl) | 21 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 22 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-5:45pm (Swim) World Cup | 23 2:30-3:30pm (Weights Carl) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) World Cup | 24 5:30-7:15am (Swim) World Cup | 25 |
| 26 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) | 27 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Carl) | 28 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) | 29 5:30-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-5:45pm (Swim) OFF | 30 2:30-3:30pm (Weights Carl) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave) Dino Invitational | 31 Fall Start Up Dino Invitational | Nov 1 |

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