

# National Group Calendar - SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labour Day					
7	8	9	10	11	12	13
		3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-5:45pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)		
14	15	16	17	18	19	20
	**Squad Photos					UCSC Fall BBQ
	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)	3:30pm (Pre-Pool) 4:00-5:45pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
21	22	23	24	25	26	27
	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) 4:00-5:45pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	
28	29	30				
		Truth and Reconciliation Day				
	3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	2:30pm (Pre-Pool) 3:00-5:00pm (Swim) 5:00-6:00pm (Weights)				

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