

National Group Calendar - AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2:00-3:00pm (Weights) 3:00-5:00pm (Swim)	2 8:00-9:45am (Swim) *Canada Games Only
3 OFF	4 6:30-8:00am (Swim) 2:00-3:00pm (Weights) 3:00-5:00pm (Swim)	5 6:30-8:30am (Swim) *World Jr Only 2:30-3:00pm (Pre-pool) 3:00-5:00pm (Swim) *Canada Games Only	6 7:00-9:00am (Swim) 2:30-3:00pm (Pre-pool) 3:00-5:00pm (Swim) *World Jr Only Canada Games Travel Night	7 2:00-3:00pm (Weights) 3:00-5:00pm (Swim)	8 8:00-9:45am (Swim)	9
10 2:30-3:00pm (Pre-pool) 3:00-5:00pm (Swim)	11 7:00-9:00am (Swim) 2:00-3:00pm (Weights) 3:00-5:00pm (Swim)	12 7:00-8:30am (Swim)	13 7:00-8:30am (Swim)	14 World Junior Travel Day? TBA	15	16
Canada Games	Canada Games	Canada Games	Canada Games	Canada Games	Canada Games	
17	18	19	20	21	22	23
		World Junior Championship	World Junior Championship	World Junior Championship	World Junior Championship	World Junior Championship
24	25	26	27	28	29	30
World Junior Championship						

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