

National Group Calendar - JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	June 30	1	2	3	4	5
	6:30-8:00am (Silver Springs) Carl's Group + Dave's Trials 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	CANADA DAY 6:30-8:00am (Silver Springs) ALL	Edmonton Swim 12:00-1:00pm @ Kinsmen Pool 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) *Non-EKI Only Weights???	6:00-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	OFF
6	7	8	9	10	11	12
	6:30-8:00am (Silver Springs) * Non-EKI Only 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) * Non-EKI Only	6:30-8:00am (Silver Springs) Dave's Group 3:00-4:00pm (Weights Carl) 4:00-4:30pm (Pre-Pool) 4:30-6:30pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	6:00-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:00-4:00pm (Weights Carl) 4:00pm (Pre-pool) 4:30-6:15pm (Swim) 6:15-7:00pm (Weights Dave)	6:00-7:45am (Swim)
13	14	15	16	17	18	19
	6:30-8:00am (Silver Springs) Carl's Group 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave)	6:30-8:00am (Silver Springs) Dave's Group 3:00-4:00pm (Weights Carl) 4:00-4:30pm (Pre-Pool) 4:30-6:30pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	6:00-7:30am (Swim) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	3:00-4:00pm (Weights Carl) 4:00pm (Pre-pool) 4:30-6:15pm (Swim) 6:15-7:00pm (Weights Dave)	6:00-7:45am (Swim)
20	21	22	23	24	25	26
	6:30-8:00am (Silver Springs) Carl's Group 3:00-4:00pm (Weights Carl) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights Dave)	6:30-7:30am (Silver Springs) QC GP Swimmers	2:30-4:00pm Swim (Champs) @ Kinsmen - Edmonton			
		Quebec Travel Day	Edmonton Travel Day	QC GP / Provincials	QC GP / Provincials	QC GP / Provincials
27	28	29	30	31		
	OFF	2:00-3:00pm (Weights) 3:00-5:00pm (Swim)	6:30-8:30am (Swim)	6:30-8:30am (Swim) 2:30-3:00pm (Pre-pool) 3:00-5:00pm (Swim)		
QC GP / Provincials						

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