



National Group Schedule 2025-2026

NATIONAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-7:30am UC		5:30-7:30am UC		5:30-7:15am UC
					Weights 2:30-4:00pm	
	4:00-6:00pm UC	4:00-6:00pm UC	4:00-6:00pm UC	4:00-5:45pm UC	4:00-6:00pm UC	
	Weights 6:00-7:00pm	Weights 6:00-7:00pm			Weights 6:00-7:00pm	

*Swimmers will be assigned 2 weights sessions per week when the season starts.

*UC – University of Calgary Pool