

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Off (No Swim)	27 Dryland 5:00-6:00pm 6:00pm-7:30pm UofC	28 Activation 3:45pm 4:00-6:00pm CH	29 5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30pm-7:30pm UofC	30 Off (No Swim)	31 Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	1 12:45pm Activation 1:00pm-3:00pm UofC
2 Off (No Swim)	3 Dryland 5:00pm-6:00pm 6:00-7:30pm UofC	4 Activation 3:45pm 4:00-6:00pm CH	5 5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	6 Off (No Swim)	7 UCSC FALL BACK INVITE	8 UCSC FALL BACK INVITE CASCADE SPEED MEET
9 CASCADE SPEED MEET	10 OFF DAY (NO SWIM)	11 REMEMBERANCE DAY Activation 4:15pm 4:30-6:00pm UofC	12 5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	13 Off (No Swim)	14 Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	15 12:45pm Activation 1:00pm-3:00pm UofC
16 Off (No Swim)	17 Dryland 5:00-6:00pm 6:00-7:30pm UofC	18 Activation 3:45pm 4:00-6:00pm CH	19 5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	20 Off (No Swim)	21 Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	22 12:45pm Activation 1:00pm-3:00pm UofC
23 Off (No Swim)	24 Dryland 5:00-6:00pm 6:00-7:30pm UofC	25 Activation 3:45pm 4:00-6:00pm CH	26 5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	27 Off (No Swim)	28 UCSC NOVEMBER INVITE	29 UCSC NOVEMBER INVITE (IT'S ALSO ON SUNDAY!)

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills, SS = Silver Springs)