

# National Group Calendar - OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		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) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	5:30-7:15am (Swim)
6	7	8	9	10	11	12
5:30-7:30am (Swim)  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) 6:00-7:00pm (Weights)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	5:30-7:30am (Swim)  3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	2:30-3:30pm (Weights) 3:30pm (Pre-Pool) 4:00-6:00pm (Swim) 6:00-7:00pm (Weights)	5:30-7:15am (Swim)
13	14	15	16	17	18	19
<b>Day OFF</b>		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) 4:00-6:00pm (Swim)	<b>Team Champs</b>	<b>Fall Start Up</b>
<b>Thanksgiving</b>						
20	21	22	23	24	25	26
5:30-7:30am (Swim)  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) 4:00-6:00pm (Swim)	3:30pm (Pre-Pool) 4:00-6:00pm (Swim)	<b>Dino Invitational</b>  6:00-7:00pm (Weights - Non-Dino)	5:30-7:15am (Swim - Non-Dino)  <b>Dino Invitational</b>
27	28	29	30	31		
5:30-7:30am (Swim)  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) 4:00-6:00pm (Swim)			

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