

# National Development Group Calendar - OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 3:30pm Pre-Pool 4:00-5:30pm Swim	2 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Strength	3 5:30-7:30am Swim  5:30pm Pre-Pool 6:00-7:30pm Swim	4 7:30-9:15am Swim 9:15-10:15 Strength
5 5:30-7:30am Swim	6 5:30-7:30am Swim	7 5:30-7:30am Swim  5:00-6:00pm Strength 6:00-7:30pm Swim	8 3:30pm Pre-Pool 4:00-5:30pm Swim	9 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Strength	10 5:30-7:30am Swim  5:30pm Pre-Pool 6:00-7:30pm Swim	11 7:30-9:15am Swim 9:15-10:15 Strength
12	13 THANKSGIVING No practice	14 5:30-7:30am Swim  5:00-6:00pm Strength 6:00-7:30pm Swim	15 3:30pm Pre-Pool 4:00-5:30pm Swim	16 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Strength	17 AM OFF	18
19	20 5:30-7:30am Swim	21 5:30-7:30am Swim  5:00-6:00pm Strength 6:00-7:30pm Swim	22 3:30pm Pre-Pool 4:00-5:30pm Swim	23 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Strength	24 5:30-7:30am Swim  5:30pm Pre-Pool 6:00-7:30pm Swim	25 7:30-9:15am Swim 9:15-10:15 Strength
26	27 5:30-7:30am Swim	28 5:30-7:30am Swim  5:00-6:00pm Strength 6:00-7:30pm Swim	29 3:30pm Pre-Pool 4:00-5:30pm Swim	30 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Strength	31 5:30-7:30am Swim  PM OFF	1 7:30-9:15am Swim 9:15-10:15 Strength

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