

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
Off (No Swim)	Dryland 5:00-6:00pm 6:00pm-7:30pm UofC	TRUTH AND RECONCILIATION 5:15am Activation 5:30am-7:30am UofC NO SWIMMING 5:15pm Activation 5:30pm-7:30pm UofC	5:15am Activation 5:30am-7:30am UofC	Off (No Swim)	Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	12:45pm Activation 1:00pm-3:00pm UofC
5	6	7	8	9	10	11
Off (No Swim)	Dryland 5:00pm-6:00pm 6:00-7:30pm UofC	Activation 3:45pm 4:00-6:00pm CH	5:15pm Activation 5:30-7:30pm UofC	Off (No Swim)	Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	12:45pm Activation 1:00pm-3:00pm UofC
12	13	14	15	16	17	18
Off (No Swim)	Dryland 5:00-6:00pm 6:00-7:30pm UofC	Activation 3:45pm 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	Off (No Swim)	TEAM CHAMPS	FALL START UP
19	20	21	22	23	24	25
Off (No Swim)	Dryland 5:00-6:00pm 6:00-7:30pm UofC	Activation 3:45pm 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	Off (No Swim)	Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	12:45pm Activation 1:00pm-3:00pm UofC
26	27	28	29	30	31	1
Off (No Swim)	Dryland 5:00-6:00pm 6:00-7:30pm UofC	Activation 3:45pm 4:00-6:00pm CH	5:15am Activation 5:30am-7:30am UofC 5:15pm Activation 5:30-7:30pm UofC	Off (No Swim)	Weights 4:45pm-5:45pm 5:45pm-7:30pm UofC	7:00am Activation 7:15am-9:15am UofC

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