



PROVINCIAL SCHEDULE 2025-2026

PROVINCIAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			5:30-7:30am UC				Weights 9:30-10:30am
							10:30am-12:30 UC
				Weights 4:45-5:45pm			
		5:30-7:30pm UC	4:00-6:00pm SD	5:45-7:00pm UC	6:30-8:30pm RR YMCA**		

** Updated August 20, 2025

PROVINCIAL LITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							10:30am-12:30 UC
							Weights 12:30-1:30pm
		4:00-6:00pm CH	8:00-9:00pm YMCA	Land Training TBC	Weights 4:00-5:00pm	3:00-5:00pm UC	

UC – University of Calgary Pool

CH – Churchill Pool

SD – Shouldice Pool

RR YMCA – Rocky Ridge YMCA