

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Summer Break	2 Summer Break	3 Summer Break	4 Summer Break	5 Summer Break	6 Summer Break	7 Summer Break
8 Summer Break	9 3:45pm Activation 4:00-5:30pm UofC	10 No Swim (Off)	11 No AM Swim (Off) 3:45pm Activation 4:00-6:00pm SD	12 No Swim (Off)	13 5:15am Activation 5:30-7:30am UofC	14 UCSC FALL BBQ Dare to Care 2-4pm KNA 160
15 9:30-10:30am Weights 10:30-12:30pm UofC	16 No Swim (Off)	17 5:45pm Activation 6:00-7:00pm UofC 3:45pm Activation 4:00-6:00pm SD	18 5:15am Activation 5:30am-7:30am UofC	19 No Swim (Off)	20 5:15 Activation 5:30-7:30am UofC Weights 4-5pm UofC	21 No Swim (Off)
22 9:30-10:30 Weights 10:30-12:30pm UofC	23 No Swim (Off)	24 3:45pm Activation 4:00-6:00pm CH 5:15am Activation 5:30am-7:30am UofC 3:45pm Activation 4:00-6:00pm SD	25 3:45pm Activation 4:00-6:00pm CH 5:15am Activation 5:30am-7:30am UofC	26 3:45pm Activation 4:00-6:00pm CH	27 Weights 4-5pm UofC 5:00-6:00pm UofC	28 Coaching Conference
29 Coaching Conference	30 No Swim (Off)	1	2	3	4	5

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