

National Development Group Calendar - SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labour Day					
7	8	9	10	11	12	13
		First day back! 4:00-5:30pm Swim	4:00-5:30pm Swim	4:00-5:30pm Swim 5:45-7:00pm Strength	5:30pm Activation 6:00-7:30pm Swim	
						UCSC Fall BBQ
14	15	16	17	18	19	20
OFF		5:00-5:45pm Group Photos 6:00-7:30pm Swim	3:40pm Activation 4:00-5:30pm Swim	3:40pm Activation 4:00-5:30pm Swim 5:45-7:00pm Strength	[6am on deck] 6:15-7:30am Swim	
21	22	23	24	25	26	27
[6am on deck] 6:15-7:30am Swim		5:00-6:00pm Strength 6:00-7:30am Swim	3:40pm Activation 4:00-5:30pm Swim	3:40pm Activation 4:00-5:30pm Swim 5:45-7:00pm Strength	[5:45am on deck] 6:00-7:30am Swim	
28	29	30				
[5:45am on deck] 6:00-7:30am Swim		Truth and Reconciliation No practice				

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