

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	2 TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00 - 5:00pm FH	3	4 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
5 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	6 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	7 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	8 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	9 TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00 - 5:00pm FH	10	11 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
12	13 NO PRACTICE - THANKSGIVING	14 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	15 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	16 TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00 - 5:00pm FH	17 TEAM CHAMPS 1 U OF C (warm up 4pm)	18 FALL START UP U OF C (warm up 2pm)
19 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	20 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	21 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	22 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	23 TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00 - 5:00pm FH	24	25 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
26 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	27 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	28 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	29 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	30 TREX A 4:20-5:20pm FH TREX B 5:00-6:00pm FH TREX C 4:00 - 5:00pm FH	31 HALLOWEEN	1 NO PRACTICE (Dino Invite - varsity meet)

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) **Squad Photos may be added!