

September Start Back Schedule 2022/23

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|-------------|--------------------------|---------------------------|--------------------------|--------------------------|---------------------------|----------------------|
| | 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 7S/4L | UofA | | | 3:00 - 4:00pm | 3:00 - 4:00pm | | |
| | Tier 1 | | | | | | |
| | Tier 2 | | | | | | |
| | JunNat | | | | | | |
| | Prov | | | | | | |
| | Notes | | | | UA BBQ | | |
| | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 7S/4L | UofA | 3:00 - 4:00pm | | 3:00 - 4:00pm | 3:00 - 4:00pm | Alumni Meet | |
| | Tier 1 | | | | | | |
| | Tier 2 | | | | | | |
| | JunNat | | | | | | |
| | Prov | | | | | | |
| | Notes | Labour Day (Stat) | | UofA Intake day | | | |
| | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | UofA Gym | 2:00-3:00 Fhouse | | 2:00-3:00 Fhouse | | | |
| | UofA Swim | 3:00 - 4:30pm | 3:00 - 4:30pm | 3:00 - 4:30pm | 3:00 - 4:30pm | | |
| | Tier 1 | 3:00 - 4:30pm | | 3:00 - 4:30pm | | 3:00 - 4:30pm | |
| | Tier 2 | 3:00 - 4:30pm | | 3:00 - 4:30pm | | 3:00 - 4:30pm | |
| | JunNat | 5:00-6:00pm | 5:00-6:00pm | | 5:00-6:00pm | | |
| | Sr Prov | | | | | | |
| | Jr Prov | | | | | | |
| | Notes | | Staff Training Day | | | | |
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | UofA Gym | 2:00-3:00 Fhouse | | 2:00-3:00 Fhouse | | | |
| | UofA Swim | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 5:45-7:30am | |
| | Tier 1 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 5:45-7:30am | |
| | Tier 2 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 5:45-7:30am | |
| | JunNat | 5:00-6:45pm | 4:30-6:30pm | 5:45-7:30am | 4:30-6:30pm | | |
| | Sr Prov | | 5:30-6:30pm BD | 6:30-7:30pm | 5:30-6:30pm BD | | |
| | Jr Prov | | 5:00-6:00pm | 5:45-7:30am | 5:00-6:00pm | | |
| | Notes | | Staff Training Day | | | SA Conference | SA Conference |
| | 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| | UofA Gym | 2:00-3:00 Fhouse | | 2:00-3:00 Fhouse | | | |
| | UofA Swim | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 8:00-10:00am | |
| | Tier 1 Gym | 2:00-3:00 Fhouse | | 2:00-3:00 Fhouse | | | |
| | Tier 1 Swim | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 8:00-10:00am | |
| | Tier 2 Swim | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 3:00 - 5:00 | 8:00-10:00am | |
| | Tier 2 Gym | | 5:00 - 5:45 Studio | | 5:00 - 5:45 Studio | | |
| | JunNat | 5:00-6:45pm | 4:30-6:30pm | 5:45-7:30am | 4:30-6:30pm | 10:00-noon | |
| | Sr Prov | 4:30-6:00pm | | 6:30-7:30pm | 5:30-6:30pm BD | | |
| | Jr Prov | 6:30-8:00pm | 5:30-7:00pm BD | 5:45-7:30am | 5:00-6:30pm | | |
| | Notes | | | Carded Conference | Carded Conference | T&R Day (Stat) | |