

12C JULY - 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
				5:00 - 6:00pm UofC	EKI - Edmonton 5:00 - 6:00pm UofC	EKI - Edmonton 9:00am - 10:00am UofC
7	8	9	10	11	12	13
EKI - Edmonton	4:00 - 5:30pm UofC Swimmers NOT at EKI	Dryland 4:45:pm 5:45 - 7:00pm UofC	6:00 - 730am UofC 5:45 - 7:00pm UofC		Dryland 5:00pm 6:00 - 7:30pm UofC	11:30am - 1:00pm
14	15	16	17	18	19	20
	5:45 - 7:00pm UofC	Dryland 4:45:pm 5:45 - 7:00pm UofC	6:00 - 730am UofC 5:45 - 7:00pm UofC		Dryland 5:00pm 6:00 - 7:30pm UofC	11:30am - 1:00pm
21	22	23	24	25	26	27
	5:45 - 7:00pm UofC	Dryland 4:45:pm 5:45 - 7:00pm UofC	Morning TBD	Alberta Summer Provincials - Edm	Alberta Summer Provincials - Edm	Alberta Summer Provincials - Edm
28	29	30				30
Alberta Summer Provincials - Edm						

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