

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Swim Meet for CH2/CH3/SD2/SD3
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Pool Party Day CH	18 Pool Party Day SD	19 No swimming Winter Break	20 No swimming Winter Break	21 No swimming Winter Break	22 No swimming Winter Break	23
24 No swimming Winter Break	25 No swimming Winter Break	26 No swimming Winter Break	29 No swimming Winter Break	30 No swimming Winter Break	No swimming Winter Break	
CHRISTMAS EVE	CHRISTMAS DAY	BOXING DAY				

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) **Squad Photos and Dare to Care Sessions will be added as soon as dates are confirmed!