

OCTOBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|-----------|----------|--------|----------|
| 1 | 2 Picture day for CH pool Come in team shirt | 3 Picture day for SD pool Come in team shirt | 4 | 5 | 6 | 7 |
| 8 | 9 Thanks Giving No Swimming | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 Swim Meet for CH2/CH3/SD2/SD3 swimmers | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

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