

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1	2 TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC	
3	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	4	5	6	7	8	9 TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC
		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH		TREX A: 4-5 (swim 4-4:40, dryland 4:40-5) TREX B: 5-6 (dryland 5-5:20, swim 5:20-6) TREX C: 4:20-5:20 (dryland 4:20-4:40, swim 4:40-5)		
10	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	11	12	13	14	15	16 HOLIDAY CLASSIC at U of C
		TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH		TREX A: 4-5 (swim 4-4:40, dryland 4:40-5) TREX B: 5-6 (dryland 5-5:20, swim 5:20-6) TREX C: 4:20-5:20 (dryland 4:20-4:40, swim 4:40-5)		
17 HOLIDAY CLASSIC at U of C	TREX A 4:00-5:00pm U of C TREX B 5:00-6:00pm U of C	18	19	20	21	22	23 NO PRACTICE
		TREX A 5:00-6:00pm U of C TREX C 4:00-5:00pm U of C	TREX B 4:00-5:00pm CH TREX C 5:00-6:00pm CH	NO PRACTICE (holiday break Dec 21-Jan 7)			
24		25	26	29	30	31	
			NO PRACTICE	NO PRACTICE			
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)