

# January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFF  New Years Day	2 5:30-7:00pm Swim	3 2:45-3:45 Weights 4:00-5:30pm Swim	4 5:30-7:00pm Swim	5 2:45-3:45pm Weights 4:00-5:30pm Swim	6 OFF
7 5:00 - 5:45 Weights 5:45 - 7:15pm Swim	8 AM OFF 4:00 - 5:30pm Swim	9 5:30-7:30am Swim	10 4:00 - 6:00pm Swim	11 6:00-7:30am Swim 4:00 - 5:45pm Swim 5:45 - 7:00pm Weights	12 7:15 - 9:15am Swim	13
14 5:00-5:45 Weights 5:45 - 7:15pm Swim	15 5:30 - 7:00am Swim 7:00 - 7:30am Dryland 4:00 - 5:30pm Swim	16 5:30-7:30am Swim	17 4:00 - 6:00pm Swim	18 5:30-7:30am Swim 4:00 - 5:45pm Swim 5:45 - 7:00pm Weights	19 7:15 - 9:15am Swim	20
21 5:00-5:45 Weights 5:45 - 7:15pm Swim	22 5:30 - 7:00am Swim 7:00 - 7:30am Dryland 4:00 - 5:30pm Swim 5:45-6:30pm Swimmer + Parent Meeting KNB 133	23 5:30-7:30am Swim	24 4:00 - 6:00pm Swim	25 5:30-7:30am Swim 4:00 - 5:45pm Swim 5:45 - 7:00pm Weights	26 7:15 - 9:15am Swim	27
28 5:00-5:45 Weights 5:45 - 7:15pm Swim	29 5:30 - 7:00am Swim 7:00 - 7:30am Dryland 4:00 - 5:30pm Swim	30 5:30-7:30am Swim	31			

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