

National Development June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						CSI
2	3	4	5	6	7	8
	OFF	AM OFF 4:00-5:30pm Swim	5:30-7:30am Swim BANQUET	4:00 - 6:00pm Swim 6:00-7:00pm Weights	5:30-7:30am Swim 4:00-5:45pm Swim	8:00-10:00am Swim
CSI						
9	10	11	12	13	14	15
	5:00 - 5:45 Weights 5:45 - 7:15pm Swim	5:30-7:30am Swim 4:00-5:30pm Swim	5:30-7:30am Swim	4:00 - 6:00pm Swim 6:00-7:00pm Weights	5:30-7:30am Swim 4:00-5:45pm Swim	8:00-10:00am Swim
16	17	18	19	20	21	22
	5:00 - 5:45 Weights 5:45 - 7:15pm Swim	5:30-7:30am Swim 4:00-5:30pm Swim	5:30-7:30am Swim	4:00 - 6:00pm Swim 6:00-7:00pm Weights	5:30-7:30am Swim 4:00-5:45pm Swim	8:00-10:00am Swim
23	24	25	26	27	28	29
	5:00 - 5:45 Weights 5:45 - 7:15pm Swim	5:30-7:30am Swim 4:00-5:30pm Swim	5:30-7:30am Swim	4:00 - 6:00pm Swim 6:00-7:00pm Weights	OFF	8:00-10:00am Swim
					TEAM CHAMPS	
30	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul	6-Jul
	OFF	6:30-7:30am Swim				
	4:00-5:30pm Swim					
	Canada Day - OFF			EKI	EKI	EKI

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