

## National & Junior National Groups - December 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	2 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
3 4:00-6:00pm Swim	4 6:00-7:30am Swim	5 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	6 4:00-6:00pm Swim	7 6:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	8 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	9 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
10 4:00-6:00pm Swim	11 OFF	12 4:00-6:00pm Swim	13 2:30-3:30pm Swim *Richmond Group	14 Ontario Junior International Richmond FastSwim	15 Ontario Junior International Richmond FastSwim	16 Ontario Junior International Richmond FastSwim
17 OFF  OFF Ontario Junior International Richmond FastSwim	18 OFF	19 4:00-6:00pm Swim	20 4:00-6:00pm Swim  Cascade LC Qualifier	21 4:00-6:00pm Swim	22	23
24	25	26	27	28	29	30

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