

National & Junior National Groups - February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OFF 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	2 UCSC Grand Prix	3 UCSC Grand Prix
4 UCSC Grand Prix	5 AM OFF 4:00-5:00pm Swim * National Group Only	6 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	7 4:00-6:00pm Swim Jr National Nutrition Talk 6:00-7:00pm - KNA160	8 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	9 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	10 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
11 5:30-7:30am Swim 4:00-6:00pm Swim	12	13 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	14 4:00-6:00pm Swim	15 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	16 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	17 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
18	19 AM OFF 1:00-2:15pm Weights (Jr National) 2:30-4:00pm Swim Family Day	20 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	21 4:00-6:00pm Swim National Group Nutrition Talk 6:00-7:00pm - KNB130	22 AM OFF 4:00-5:45pm Swim (National) 4:00-5:30pm Swim (Jr National)	23 Cascade Western Transmountain	24 Cascade Western Transmountain
25	26 AM OFF 4:00-6:00pm Swim 6:00-6:45pm Dryland (Jr National)	27 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	28 4:00-6:00pm Swim	29 6:00-7:30am Swim (National) 6:30-7:30am Swim (Jr National) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)		

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