

National & Junior National Groups - January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFF New Year's Day	2 4:00-5:30pm Swim 6:00-7:00pm Weights (National)	3 9:00-11:00am Swim	4 7:00-9:00am Swim 4:00-5:30pm Swim 5:45-7:00pm Weights (Jr National)	5 9:00-11:00am Swim 11:00am-12:00 Weights (National)	6 8:00-9:00am Weights (Jr National) 9:15-11:00am Swim
7 5:30-7:30am Swim 4:00-6:00pm Swim	8 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	9 4:00-6:00pm Swim	10 4:00-6:00pm Swim	11 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	12 2:30-4:00pm Weights (National) 4:00-5:45pm Swim	13 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
14 5:30-7:30am Swim 4:00-6:00pm Swim	15 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	16 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	17 4:00-6:00pm Swim National Group Nutrition Talk 6:00-7:00pm - KNA 160	18 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	19 2:30-4:00pm Weights (National) 4:00-5:45pm Swim	20 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
21 5:30-7:30am Swim 4:00-6:00pm Swim	22 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	23 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	24 4:00-6:00pm Swim Parent Nutrition Talk 5:30-6:30pm - KNA 160	25 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	26 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	27 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
28 5:30-7:30am Swim 4:00-6:00pm Swim	29 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	30 4:00-6:00pm Swim	31 4:00-6:00pm Swim			

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