

# October 2023

| SUNDAY | MONDAY                                  | TUESDAY   | WEDNESDAY                        | THURSDAY   | FRIDAY   | SATURDAY             |
|--------|---|---|----------------------------------|--|--|----------------------|
| 1      | 5:00-5:45 Weights<br>5:45 - 7:15pm UofC | 5:30-7:00am UofC<br>7:00 - 7:30am Dryland<br><br>4:00 - 6:00pm UofC                         | 5:30 - 7:30am UofC               | 4:00 - 5:30pm UofC<br><b>Parent meeting 5:45-6:30pm</b><br>- Room KNB130 | 4:00-5:45pm UofC<br>5:45-7:00pm Weights  | 7:15 - 9:15am UofC   |
| 8      | OFF<br><b>THANKSGIVING</b>              | 5:30-7:00am UofC<br>7:00 - 7:30am Dryland<br><br>4:00 - 5:30pm UofC                         | 5:30 - 7:30am UofC<br>Activation | 4:00-6:00pm UofC   | 5:30-7:30am UofC<br>Activation<br><br>4:00-5:45pm UofC<br>5:45-7:00pm Weights              | 7:15 - 9:15am UofC   |
| 15     | 5:00-5:45 Weights<br>5:45 - 7:15pm UofC | 5:30-7:00am UofC<br>7:00 - 7:30am Dryland<br><br>4:00 - 5:30pm UofC                         | 5:30 - 7:30am UofC               | 4:00-6:00pm UofC   | AM OFF<br><br><b>TEAM CHAMPS 1</b>   | <b>FALL START UP</b> |
| 22     | 5:00-5:45 Weights<br>5:45 - 7:15pm UofC | 5:30-7:00am UofC<br>7:00 - 7:30am Dryland<br><br>4:00 - 5:30pm UofC                         | 5:30 - 7:30am UofC               | 4:00-6:00pm UofC   | 5:30-7:30am UofC<br><br><b>No Swim - Dino Invite (Varsity meet)</b><br>5:00-6:00pm Weights | 7:15 - 9:15am UofC   |
| 29     | 5:00-5:45 Weights<br>5:45 - 7:15pm UofC | 5:30-7:00am UofC<br>7:00 - 7:30am Dryland<br><br>4:00 - 5:30pm UofC<br><br><b>HALLOWEEN</b> |                                  |  |  |                      |

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