

# October 2023

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

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