

# Provincial Lite - April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  <span style="color: red;">OFF - Spring Training Break</span>	2  3:45 pm Activation 4:00 - 6:00 pm CH	3  3:45 pm Activation 4:00 - 6:00 pm SD	4	5  7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	6
7  10:15 am Activation 10:30 am - 12:30 pm UofC	8  3:45 pm Activation 4:00 - 6:00 pm CH	9  3:45 pm Activation 4:00 - 6:00 pm SD	10  3:45 pm Activation 4:00 - 6:00 pm SD	11	12  7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	13
14  OFF	15  3:45 pm Activation 4:00 - 6:00 pm CH	16  3:45 pm Activation 4:00 - 6:00 pm SD	17  3:45 pm Activation 4:00 - 6:00 pm SD	18	19  7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	20
21  10:15 am Activation 10:30 am - 12:30 pm UofC	22  3:45 pm Activation 4:00 - 6:00 pm CH	23  3:45 pm Activation 4:00 - 6:00 pm SD	24  3:45 pm Activation 4:00 - 6:00 pm SD	25	26  7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	27
28  OFF	29  3:45 pm Activation 4:00 - 6:00 pm CH	30				<b>Spring Start Up</b>
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\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)