



Provincial Lite - January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	 OFF - WINTER BREAK 	1 5:15 Activation 5:30 - 7:00 pm UofC	2 5:15 Activation 5:30 - 7:00 pm UofC	3 5:15 Activation 5:30 - 7:00 pm UofC	4 5:15 Activation 5:30 - 7:00 pm UofC	5 5:15 Activation 5:30 - 7:00 pm UofC	6
7 OFF	8	9 3:45 pm Activation 4:00 - 6:00 pm CH	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 10:15am Activation 10:30 am - 12:30 pm UofC	15	16 3:45 pm Activation 4:00 - 6:00 pm CH	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 10:15am Activation 10:30 am - 12:30 pm UofC	22	23 3:45 pm Activation 4:00 - 6:00 pm CH	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 10:15am Activation 10:30 am - 12:30 pm UofC	29	30 3:45 pm Activation 4:00 - 6:00 pm CH	31 3:45 pm Activation 4:00 - 6:00 pm SD				

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