

Provincial & Provincial Lite - July 2024

(Updated July 9th)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 4:00 - 5:00pm Cochrane Canada Day	2	3 3:30 - 5:00pm UofC 5:15 - 6:15pm Weights 5:00 - 6:00pm Kinsmen (EKI SWIMMERS)	4 3:15pm Activation 3:30 - 5:00pm UofC EKI	5 5:45 - 6:45pm Weights EKI	6 1:45pm Activation 2:00 - 4:00pm MNP EKI
7 EKI	8 OFF	9 3:45pm Activation 4:00 - 6:00pm UofC	10 4:45 - 5:45pm Weights 6:00 - 7:00pm UofC	11 5:30pm Activation 5:45 - 7:00pm UofC	12 5:45am Activation 6:00 - 7:30am UofC 4:00 - 5:00pm Weights	13 11:00am Activation 11:15 - 1:00pm UofC
14	15 5:30pm Activation 5:45 - 7:00pm UofC	16 5:45am Activation 6:00 - 7:30am UofC	17 4:45 - 5:45pm Weights 6:00 - 7:00pm UofC	18 5:30pm Activation 5:45 - 7:00pm UofC	19 5:45am Activation 6:00 - 7:30am UofC 4:00 - 5:00pm Weights	20 11:00am Activation 11:15 - 1:00pm UofC
21 5:30pm Activation 5:45 - 7:00pm UofC	22 5:45am Activation 6:00 - 7:30am UofC	23 5:45am Activation 6:00 - 7:30am UofC	24 5:30pm Activation 5:45 - 7:00pm UofC	25	26	27
28	29 SUMMER BREAK	30 SUMMER BREAK	31 SUMMER BREAK	Summer Provincial Champs		
Summer Provincial Champs						

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