

# Provincial Lite - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:45 am Activation 10:00 am - 12:00 pm UofC ~12:15 pm Parent Meeting (KNA 264)	2	3 3:45 pm Activation 4:00 - 6:00 pm CH	4 3:45 pm Activation 4:00 - 6:00 pm SD	5	6 7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	7
8 OFF	9 <b>Thanksgiving Day</b>	10 3:45 pm Activation 4:00 - 6:00 pm CH	11 3:45 pm Activation 4:00 - 6:00 pm SD	12	13 7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	14
15 9:45 am Activation 10:00 am - 12:00 pm UofC	16	17 3:45 pm Activation 4:00 - 6:00 pm CH	18 3:45 pm Activation 4:00 - 6:00 pm SD	19	20 <b>UCSC Team Champs 1</b>	21 <b>UCSC Fall Start Up</b>
22 10:45 am Activation 11:00 am - 12:00 pm UofC	23	24 3:45 pm Activation 4:00 - 6:00 pm CH	25 3:45 pm Activation 4:00 - 6:00 pm SD	26	27 7:45 pm Activation 8:00 - 9:00 pm Crowfoot Melcor YMCA	28
29 9:45 am Activation 10:00 am - 12:00 pm UofC	30	31 3:45 pm Activation 4:00 - 6:00 pm CH <b>Halloween</b>				

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