

# JND - September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Labour Day					
8	9	10	11	12	13	14
	Swim 4-5:30pm		Swim 4-5:30pm	Dryland + Swim 5-7pm	Swim 4-5:30pm	UCSC Fall BBQ
15	16	17	18	19	20	21
	Swim 4-5:30pm	Swim 6-7:30am (5:45am on deck) Dare to Care 4-6pm (KNA 160)	Swim 4-5:30pm	Dryland + Swim 5-7pm	Swim 4-5:30pm	Weights 7:30-9am
22	23	24	25	26	27	28
	4-6:20pm Swim + Dry *Squad Photo Day*	Swim 6-7:30am (5:45am on deck)	Swim 4-5:30pm	Swim 6-7:30am (5:45am on deck) Dryland + Swim 5-7pm	OFF	OFF
29	30				CSCA National Coaches Conference	
OFF	Swim 3-5pm					
CSCA National Coaches Conference	National Day for Truth and Reconciliation					

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