

# Provincial Lite - September 2024

Updated Sep 11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	SUMMER BREAK  <b>Labour Day</b>	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
8	9	10	11	12	13	14
SUMMER BREAK	3:45pm Activation 4:00 - 5:30pm UofC	OFF	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	OFF		<b>Dare to Care 2:00 - 4:00pm (KNA160)</b>
15	16	17	18	19	20	21
10:15am Activation 10:30 - 12:30pm UofC <b>12:30 - 1:30pm Weights</b>	OFF	3:45pm Activation 4:00 - 5:30pm UofC	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		<b>5:00 - 6:00pm Weights</b>	2:15pm Activation 2:30 - 4:30pm UofC <b>UCSC Fall BBQ</b>
22	23	24	25	26	27	28
10:15am Activation 10:30 - 12:30pm UofC <b>12:30 - 1:30pm Weights</b>	OFF	<b>5:10 - 6:00pm Squad Photos</b> 6:00 - 7:00pm UofC	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA		OFF  <b>Canadian Coaches Conference</b>	<b>Canadian Coaches Conference</b>
29	30					
OFF  <b>Canadian Coaches Conference</b>	<b>National Day for Truth and Reconciliation</b>					

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