

Provincial Lite - September 2024

Updated Sep 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK
	Labour Day					
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	4:45 - 5:45pm Weights		Dare to Care 2:00 - 4:00pm (A160)
						UCSC Fall BBQ
15	16	17	18	19	20	21
9:45am Activation 10:00 - 12:00pm UofC 12:00 - 1:00pm Weights	OFF	3:45pm Activation 4:00 - 5:30pm UofC	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	4:45 - 5:45pm Weights		2:15pm Activation 2:30 - 4:30pm UofC
22	23	24	25	26	27	28
9:45am Activation 10:00 - 12:00pm UofC 12:00 - 1:00pm Weights	OFF	5:45pm Activation 6:00 - 7:00pm UofC	7:45pm Activation 8:00 - 9:00pm Rocky Ridge YMCA	4:45 - 5:45pm Weights		OFF
					Alberta Coaches Conference	Alberta Coaches Conference
29	30					
OFF	National Day for Truth and Reconciliation					
Alberta Coaches Conference						

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