

National Development - October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		OFF 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim Group Meeting 5:45-6:45pm	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
6		7	8	9	10	11
	5:00-5:45pm Weights 5:45-7:15pm Swim	5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim
Nick Away on Program Visitation						
13	14	15	16	17	18	19
	OFF Thanksgiving	5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	AM OFF	
					TEAM CHAMPS	FALL START-UP
20	21	22	23	24	25	26
	5:00-5:45pm Weights 5:45-7:15pm Swim	5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim PM OFF	7:15-9:15am swim
27	28	29	30	31	1	2
	5:00-5:45pm Weights 5:45-7:15pm Swim	5:30-7:30am Swim 3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim	5:30-7:30am Swim	3:30-4:00pm Pre-Pool Dryland 4:00-5:30pm Swim 5:45-7:00pm Weights	5:30-7:30am Swim 5:15-5:45 Pre-Pool Dryland 5:45-7:30pm Swim	7:15-9:15am swim

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