

# SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	6:00 - 7:15pm UofC Activation	6:00 - 7:00pm UofC Activation	6:00 - 7:30pm UofC Activation		6:00 - 7:30pm UofC Activation	
18	19	20	21	22	23	24
	6:00 - 7:15pm UofC Activation	6:00 - 7:00pm UofC Activation	6:00 - 7:30pm UofC Activation		6:00 - 7:30pm UofC Activation	Fall BBQ
25	26	27	28	29	30	1-Oct
	6:00 - 7:15pm UofC Activation	6:00 - 7:00pm UofC Activation	6:00 - 7:30pm UofC Activation	6:00 - 7:30am CH	National Day for Truth and Reconciliation	5:30-7:00pm UofC Activation

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos and Dare to Care Sessions will be added as soon as dates are confirmed!