

# SEPTEMBER 2022

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