

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	12 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	13 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	14 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	15 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	16	17
18 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	19 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	20 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	21 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	22 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	23	24
					Fall BBQ	
25 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	26 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	27 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	28 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	29 TREX A 5:20-6:00pm FH TREX B 4:40-5:20pm FH TREX C 4:00 - 4:40pm FH	30 National Day for Truth and Reconciliation	

* 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!