

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
5:00-6:00pm UofC	5:00-6:00pm UofC	5:00-6:00pm UofC	4:00 - 6:00pm SD Activation	5:30 - 7:00am UofC	7:00 - 8:30pm Crowfoot YMCA	
18	19	20	21	22	23	24
5:00-6:00pm UofC	5:00-6:00pm UofC	5:00-6:00pm UofC	4:00 - 6:00pm SD Activation	5:30 - 7:00am UofC	7:00 - 8:30pm Crowfoot YMCA	Fall BBQ
25	26	27	28	29	30	
		5:30 - 7:00am UofC	4:00 - 6:00pm SD Activation	5:30 - 7:00am UofC 4:00-6:00pm UofC	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!