

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
18	19	20	21	23	24	
		Gear day for new swimmers Fun swim day in water Come at normal practice time	Normal training	Normal training		Fall BBQ
25	26	27	28	29	30	
		Picture Day meet at SD pool, no swimming today. pictures start 3:30 Team picture 5:45	Normal Training		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!