

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 Gear day for new swimmers Fun water day Come for normal practice time | 20 | 21 Normal training | 22 | 23 Normal training | 24 |
| 25 | 26 Picture Day meet at CH pool, no swimming today. pictures start 3:30 Team picture 5:45 | 27 | 28 Normal Training | 29 | 30 | Fall BBQ |
| | | | | | 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!