

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5:30 - 7:00pm UofC
2	Dryland - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	3	4	5 6:00 - 7:00am CH	6	7 5:30 - 7:00pm UofC
		6:00 - 7:00pm UofC Activation	Dryland - 5:00 - 5:45 6:00 - 7:30pm UofC		6:00 - 7:30pm UofC	
9		10	11	12 6:00 - 7:00am CH	13	14 15
	NO workout Thanksgiving	6:00 - 7:00pm UofC Activation	Dryland - 5:00 - 5:45 6:00 - 7:30pm UofC		Team Champs	Fall Start Up
16		17	18	19 6:00 - 7:00am CH	20	21 22
	Dryland - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	6:00 - 7:00pm UofC Activation	Dryland - 5:00 - 5:45 6:00 - 7:30pm UofC		6:00 - 7:30pm UofC	5:30 - 7:00pm UofC
23		24	25	26 6:00 - 7:00am CH	27	28 29
	Dryland - 5:00 - 5:45 6:00 - 7:15pm UofC Activation	6:00 - 7:00pm UofC Activation	Dryland - 5:00 - 5:45 6:00 - 7:30pm UofC		6:00 - 7:30pm UofC	5:30 - 7:00pm UofC
30		31				
	Dryland - 5:00 - 5:45 6:00 - 7:15pm UofC Activation Halloween					

* All workouts will be at the University of Calgary pool unless otherwise noted (CH=Churchill, SD=Shouldice, FH=Foothills)