

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 5:30 - 7:00pm UofC
2	3 Dryland A163 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	4 6:00 - 7:30pm UofC	5 6:00 - 7:00am CH Dryland - Galery - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	6 6:00 - 7:30pm UofC	7 5:30 - 7:00pm UofC	8
9	10 Thanksgiving	11 Dryland A163 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	12 6:00 - 7:30pm UofC	13 6:00 - 7:00am CH Dryland - Galery - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	14 Team Champs	15 Fall Start Up
16	17	18 Dryland A163 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	19 6:00 - 7:30pm UofC	20 6:00 - 7:00am CH Dryland - Galery - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	21 6:00 - 7:30pm UofC	22 5:30 - 7:00pm UofC
23	24	25 Dryland A163 - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	26 6:00 - 7:30pm UofC	27 6:00 - 7:00am CH Dryland - Galery - 5:00 - 5:45 6:00 - 7:00pm UofC Activation	28 6:00 - 7:30pm UofC	29 5:30 - 7:00pm UofC
30	31 Halloween					

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