

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:15 - 9:15am (6:55 activation)
2	3 5:30-7:30am UofC (5:15 Activation) Girls Weights 5-6pm 6:00-7:15pm UofC Boys Activation 5:40	4 Activation 3:50 4:00-6:00pm CH	5 5:30-7:30am UofC (5:15 Activation) Dryland 4:30-6 U of C Gold Gym	6 Activation 3:50 4:00-6:00pm CH	7 5:30-7:30am UofC (5:15 Activation)	8 7:15 - 9:15am (6:55 activation) Boys Weights 9:30-10:30am
9	10 Thanksgiving	11 Activation 3:50 4:00-6:00pm CH	12 5:30-7:30am UofC (5:15 Activation) Dryland 4:30-6 U of C Gold Gym	13 Activation 3:50 4:00-6:00pm CH	14 Team Champs	15 Fall Start Up
16	17 5:30-7:30am UofC (5:15 Activation) Activation Girls Weights 5-6pm 6:00-7:15pm UofC Boys Activation 5:40	18 Activation 3:50 4:00-6:00pm CH	19 5:30-7:30am UofC (5:15 Activation) Dryland 4:30-6 U of C Gold Gym	20 Activation 3:50 4:00-6:00pm CH	21 5:30-7:30am UofC (5:15 Activation)	22 7:15 - 9:15am (6:55 activation) Boys Weights 9:30-10:30am
23	24 5:30-7:30am UofC (5:15 Activation) Girls Weights 5-6pm 6:00-7:15pm UofC Boys Activation 5:40	25 Activation 3:50 4:00-6:00pm CH	26 5:30-7:30am UofC (5:15 Activation) Dryland 4:30-6 U of C Gold Gym	27 Activation 3:50 4:00-6:00pm CH	28 5:30-7:30am UofC (5:15 Activation)	29 7:15 - 9:15am (6:55 activation) Boys Weights 9:30-10:30am
30	31 5:30-7:30am UofC (5:15 Activation) Girls Weights 5-6pm 6:00-7:15pm UofC Boys Activation 5:40 Halloween					

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