

OCTOBER 2022

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

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