

# National Group - May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr. 30	1	2	3	4	5	6
		OFF				
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:15am UofC
<b>Spring Start Up</b>						
7	8	9	10	11	12	13
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  2:30-4:00pm Weight © 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 5:00-6:00pm (D)	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC	2:30-4:00pm Weights © 4:00-6:00pm UofC	5:15-5:30am Pre-Pool 5:30-7:15am UofC Weights 8:00-9:00am (D)
14	15	16	17	18	19	20
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  2:30-4:00pm Weight © 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 5:00-6:00pm (D)	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC	2:30-4:00pm Weights © 4:00-6:00pm UofC	5:45-6:00am Pre-Pool 6:00-7:45am UofC (*Nat C, N, and Nat D Boys) Weights 8:00-9:00am (D)
						7:45-9:30am UofC (*Nat D Girls) Weights 9:30-10:30am <b>Training Camp - Phoenix</b>
<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Scottsdale Cactus Classic</b>	<b>Scottsdale Cactus Classic</b>
21	22	23	24	25	26	27
OFF	OFF	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm ©	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (D+N)	2:30-4:00pm Weights © 4:00-6:00pm UofC	5:15-5:30am Pre-Pool 5:30-7:15am UofC
<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Training Camp - Phoenix</b>	<b>Scottsdale Cactus Classic</b>	<b>Scottsdale Cactus Classic</b>
28	29	30	31			
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (D+N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC  3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	3:30-4:30pm UofC * Mel Zajac swimmers only.			
<b>Scottsdale Cactus Classic</b>	<b>Phoenix Travel Return</b>		<b>Team Awards Banquet</b>			

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