

NOV – DEC Calendar (Version #1)

PERFORMANCE						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	18 Swim @MP 5:45-7:30am 4:00-6:00pm	19 Swim @MP 5:45-7:45am 2:45-4:45pm	20 Swim @MP 4:00-6:00pm	21 KSC SC INVITATIONAL	22 KSC SC INVITATIONAL	23 KSC SC INVITATIONAL
24 OFF	25 Swim @MP 5:45-7:30am 4:00-6:00pm	26 Swim @MP 5:45-7:45am 2:45-4:45pm	27 Swim @MP 4:00-6:00pm	28 Swim @MP 5:45-7:45am 5:30 – 7:30pm DL @Cross 4:00 – 5:00pm	29 DL @Cross 9:30 – 10:30am	30
1 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	2 Swim @MP 4:00-6:00pm	3 Swim @MP 5:45-7:45am 2:45-4:45pm	4 Swim @MP 4:00-6:00pm	5 Swim @MP 5:45-7:45am	6 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	7
8 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	9 Swim @MP 4:00-5:30pm	10 Swim @MP 2:45-4:45pm	11 JP FISET	12 JP FISET	13 JP FISET	14 JP FISET
15 Watch-List Stroke Camp CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	16 Swim @MP 4:00-6:00pm	17 Swim @MP 5:45-7:45am 2:45-4:45pm	18 Swim @MP 4:00-6:00pm	19 Swim @MP 5:45-7:45am X-MAS RELAY PRACTICE 4:00 – 6:00pm	20 HOLIDAY BREAK	21 HOLIDAY BREAK
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 LCM Swim @KNS 1:15 – 2:45pm
29 LCM Swim @KNS 1:15-3:15pm	30 LCM Swim @KNS 12:00 – 2:00pm	31 LCM Swim @KNS 6:00 – 8:00am	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am LCM Swim @KNS 2:30 – 4:30pm	3 Swim @MP 6:15 – 8:45am DL @Cross 9:30 – 10:30am	4 LCM Swim @KNS 9:15 – 11:15am
5 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	6 Swim @MP 5:45-7:30am 4:00-6:00pm	7 Swim @MP 5:45-7:45am 2:45-4:45pm	8 Swim @MP 4:00-6:00pm	9 Swim @MP 5:45-7:45am DL @Cross 4:00 – 5:00pm	10 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	11

NOTES

All scheduled practices will have a 15min pre-pool activation

KNS = Kinsmen Center (Edmonton), MP = Millennium Place

NOV 29 = events hosted at both MP & KNS – no lanes available

NOV – DEC Calendar (Version #1)

SENIOR PROVINCIAL						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 5:30-7:15pm	18 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	19 Swim @MP 5:45-7:45am 3:00-4:45pm	20 Swim @MP 4:00-6:00pm	21 KSC SC INVITATIONAL	22 KSC SC INVITATIONAL	23 KSC SC INVITATIONAL
24 OFF	25 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	26 Swim @MP 5:45-7:45am 3:00-4:45pm	27 Swim @MP 4:00-6:00pm	28 Swim @MP 5:45 – 7:45am 5:30 – 7:30pm DL @Cross 4:00 – 5:00pm	29 OFF	30 OFF
1 Swim @MP 5:30 – 7:15pm	2 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	3 Swim @MP 5:45-7:45am 3:00-4:45pm	4 Swim @MP 4:00-6:00pm	5 Swim @MP 5:45 – 7:45am DL @Cross 4:00 – 5:00pm	6 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	7
8 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	9 Swim @MP 4:00-5:30pm	10 Swim @MP 2:45-4:45pm	11 JP Fiset	12 JP Fiset	13 JP Fiset	14 JP Fiset
15 Watch-List Stroke Camp CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	16 DL @Cross 7:00 – 8:00pm	17 Swim @MP 5:45-7:45am 3:00-4:45pm	18 Swim @MP 4:00-6:00pm	19 Swim @MP 5:45 – 7:45am X-MAS RELAY PRACTICE 4:00 – 6:00pm	20 HOLIDAY BREAK	21 HOLIDAY BREAK
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 LCM Swim @KNS 1:15 – 2:45pm
29 LCM Swim @KNS 1:15-3:15pm	30 LCM Swim @KNS 12:00 – 2:00pm	31 LCM Swim @KNS 6:00 – 8:00am	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am LCM Swim @KNS 2:30 – 4:30pm	3 Swim @MP 6:15 – 8:45am DL @Cross 9:30 – 10:30am	4 LCM Swim @KNS 9:15 – 11:15am
5 Swim @MP 5:30-7:15pm	6 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	7 Swim @MP 5:45-7:45am 3:00-4:45pm	8 Swim @MP 4:00-6:00pm	9 Swim @MP 5:45 – 7:45am DL @Cross 4:00 – 5:00pm	10	11 Swim @MP 9:45-11:45am

NOTES

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KNS = Kinsmen Center (Edmonton), MP = Millennium Place

NOV – DEC Calendar (Version #1)

JUNIOR PROVINCIAL						
MON	TUES	WED	THURS	FRI	SAT	SUN
29 Swim @MP 4:00-5:30pm	30 Swim @MP 4:00-5:30pm	1 Swim @MP 4:30-6:00pm DL @Cross 7:00-8:00pm	2	3 Swim @MP 4:00-5:30pm	4 Swim @MP 6:45-8:45am	5 Swim @MP 10:00-11:30am
17 Swim @MP 4:00-5:30pm	18 Swim @MP 4:00-5:30pm	19 Swim @MP 4:45-6:30pm DL @Cross 7:00-8:00pm	20	21 KSC SC INVITATIONAL	22 KSC SC INVITATIONAL	23 KSC SC INVITATIONAL
24 OFF	25 Swim @MP 4:00-5:30pm	26 Swim @MP 4:45-6:30pm DL @Cross 7:00-8:00pm	27	28 *Swim @MP 5:45 – 7:45am CANDY CANE	29 CANDY CANE	30 CANDY CANE
1 Swim @MP 4:00-5:30pm	2 Swim @MP 4:00-5:30pm	3 Swim @MP 4:45-6:30pm DL @Cross 7:00-8:00pm	4	5 Swim @MP 4:00-5:30pm	6 Swim @MP 6:45-8:45am	7 OFF
8 Swim @MP 4:00-5:30pm	9 Swim @MP 4:00-5:30pm	10 Swim @MP 4:45-6:30pm	11 JP FISET	12 JP FISET	13 JP FISET	14 JP FISET
15 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	16 Swim @MP 4:00-5:30pm	17 Swim @MP 4:45-6:30pm DL @Cross 7:00-8:00pm	18	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20 HOLIDAY BREAK	21 HOLIDAY BREAK
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am	31 DL @Cross AM Time TBA	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am	3 Swim @MP 6:45 – 8:45am	4 LCM Swim @KNS 9:15 – 11:15am

NOTES

All scheduled practices will have a 15min pre-pool activation

KNS = Kinsmen Center (Edmonton), MP = Millennium Place

Fri NOV 28 – AM practice for invited swimmers (swimmers attending Candy Cane who choose to not race Fri have no practice).

NOV – DEC Calendar (Version #1)

SHARK RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 7:15-8:15pm	18 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	19 Swim @MP 6:30-8:00pm	20 DL @Bridge 7:00 – 8:00pm	21 KSC SC INVITATIONAL	22 KSC SC INVITATIONAL	23 KSC SC INVITATIONAL
24 OFF	25 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	26 Swim @MP 6:30-8:00pm	27 DL @Bridge 7:00 – 8:00pm	28 CANDY CANE	29 CANDY CANE	30 CANDY CANE
1 OFF	2 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	3 Swim @MP 6:30-8:00pm	4 DL @Bridge 7:00 – 8:00pm	5 Swim @MP 6:45-8:00pm	6 Swim @MP 10:15 – 11:45am Spin-Core @MP 12:30 – 1:30pm	7 PPAC REINDEER
8 Swim @MP 7:15-8:15pm	9 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	10 Swim @MP 6:30-8:00pm	11 DL @Bridge 7:00 – 8:00pm	12 Swim @MP 6:45-8:00pm JP FISET	13 Swim @MP 10:15 – 11:45am Spin-Core @MP 12:30 – 1:30pm JP FISET	14 JP FISET
15 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	16 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	17 Swim @MP 6:30-8:00pm	18 DL @Bridge 7:00 – 8:00pm	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20 HOLIDAY BREAK	21 HOLIDAY BREAK
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am DL @Bridge 7:00 – 8:00pm	31 Swim @MP 6:00 – 7:45am	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 6:45 – 8:45am	4

NOTES

All scheduled practices will have a 15min pre-pool activation

KNS = Kinsmen Center (Edmonton), MP = Millennium Place

NOV – DEC Calendar (Version #1)

TIGER RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 5:45-7:15pm	18 DL @MP (Blue Room) 5:00-6:00pm	19 Swim @MP 4:45-6:15pm	20 Swim @MP 5:30-7:00pm	21 KSC SC INVITATIONAL	22 KSC SC INVITATIONAL	23 KSC SC INVITATIONAL
24 Swim @MP 5:45-7:15pm	25 DL @MP (Blue Room) 5:00-6:00pm	26 Swim @MP 4:45-6:15pm	27 Swim @MP 5:30-7:00pm	28 EKSC Candy Cane	29 EKSC Candy Cane	30 EKSC Candy Cane
1 OFF	2 DL @MP (Blue Room) 5:00-6:00pm	3 Swim @MP 4:45-6:15pm	4 Swim @MP 5:30-7:00pm	5 Swim @MP 4:00 – 5:30pm	6 Swim @MP 10:15 – 11:45am	7
8 Swim @MP 5:45-7:15pm	9 DL @MP (Blue Room) 5:00-6:00pm	10 Swim @MP 4:45-6:15pm	11 Swim @MP 5:30-7:00pm	12 Swim @MP 4:00 – 5:30pm JP FISET	13 Swim @MP 10:15 – 11:45am JP FISET	14 JP FISET
15 Swim @MP 5:45-7:15pm	16 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	17 Swim @MP 4:45-6:15pm	18 Swim @MP 5:30-7:00pm	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20 HOLIDAY BREAK	21 HOLIDAY BREAK
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am	31 Swim @MP 6:00 – 7:45am	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 6:45 – 8:45am	4

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

NOV – DEC Calendar (Version #1)

EAGLE RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 5:45-7:15pm	18 DL @MP (Blue Room) 5:00-6:00pm	19 Swim @MP 4:45-6:15pm	20	21 Swim @MP 4:00-5:30pm	22 Swim @MP 10:15-11:45am	23
24 Swim @MP 5:45-7:15pm	25 DL @MP (Blue Room) 5:00-6:00pm	26 Swim @MP 4:45-6:15pm	27	28 EKSC Candy Cane	29 EKSC Candy Cane	30 EKSC Candy Cane
1 OFF	2 DL @MP (Blue Room) 5:00-6:00pm	3 Swim @MP 4:45-6:15pm	4	5 Swim @MP 4:00-5:30pm	6 Swim @MP 10:15-11:45am	7 PPAC REINDEER
8 Swim @MP 5:45-7:15pm	9 DL @MP (Blue Room) 5:00-6:00pm	10 Swim @MP 4:45-6:15pm	11	12 Swim @MP 4:00-5:30pm	13	14
15 Swim @MP 5:45-7:15pm	16 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	17 Swim @MP 4:45-6:15pm	18	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20	21
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 10:15-11:45am	4 Swim @MP 9:45-10:45am

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

NOV – DEC Calendar (Version #1)

MANTA RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 7:15-8:15pm	18	19 Swim @MP 7:15-8:15pm	20	21 Swim @MP 7:00-8:00pm	22 Spin/Core @MP 12:30-1:30pm	23
24 Swim @MP 7:15-8:15pm	25	26 Swim @MP 7:15-8:15pm	27	28 EKSC Candy Cane Entry Standards	29 EKSC Candy Cane Entry Standards	30 EKSC Candy Cane Entry Standards
1 Swim @MP 7:15-8:15pm	2	3 Swim @MP 7:15-8:15pm	4	5 Swim @MP 6:45-8:00pm	6 Spin/Core @MP 12:30-1:30pm	7 PPAC Reindeer
8 Swim @MP 7:15-8:15pm	9	10 Swim @MP 7:15-8:15pm	11	12 Swim @MP 6:45-8:00pm	13	14
15 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	16	17 Swim @MP 7:15-8:15pm	18	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20	21
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3 Swim @MP 10:15-11:45am	4 Swim @MP 9:45-10:45am

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

NOV – DEC Calendar (Version #1)

MIGHTY RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17	18 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	19 Swim @MP 6:15-7:15pm	20	21 Swim @MP 5:30-6:45pm	22	23
24	25 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	26 Swim @MP 6:15-7:15pm	27	28 Swim @MP 5:30-6:45pm EKSC Candy Cane Entry Standards	29 EKSC Candy Cane Entry Standards	30 EKSC Candy Cane Entry Standards
1	2 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	3 Swim @MP 6:15-7:15pm	4	5 Swim @MP 5:30-6:45pm	6	7 PPAC Reindeer
8	9 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	10 Swim @MP 6:15-7:15pm	11	12 Swim @MP 5:30-6:45pm	13	14
15	16 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	17 Swim @MP 6:15-7:15pm	18	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20	21
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3 Swim @MP 10:15-11:45am	4 Swim @MP 10:45-11:45am

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

NOV – DEC Calendar (Version #1)

MINI RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 4:30-5:30pm	18	19 Swim @MP 4:30-5:30pm	20	21 Swim @MP 5:30-6:45pm	22	23
24 Swim @MP 4:30-5:30pm	25	26 Swim @MP 4:30-5:30pm	27	28 Swim @MP 5:30-6:45pm	29	30
1 Swim @MP 4:30-5:30pm	2	3 Swim @MP 4:30-5:30pm	4	5 Swim @MP 5:30-6:45pm	6	7 PPAC Reindeer
8 Swim @MP 4:30-5:30pm	9	10 Swim @MP 4:30-5:30pm	11	12 Swim @MP 5:30-6:45pm	13	14
15 Swim @MP 4:30-5:30pm	16 CHRISTMAS PARTY 6:15-8:15pm @Wye Community Hall	17 Swim @MP 4:30-5:30pm	18	19 X-MAS RELAY PRACTICE 4:00 – 6:00pm	20	21
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3	4