

05

CLUB MONTHLY TRAINING CALENDAR (TENTATIVE)

AS OF MAR. 2ND 2026 - PLEASE SEE SWIMMASA.COM FOR MOST CURRENT
CALENDAR

DATE & TIME	EVENT	LOCATION	DETAILS
Sep. 27 th 2025 12pm-1pm	Nutrition Workshop	Virtually Online	Link provided to members via email
Oct. 25 th 2025 9am-10am	Synchro Skills with Sheilagh Croxon from Sync Effect	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Nov. 29 th 2025 12pm-1pm	Mental Health Performance	Virtually Online	Link to be provided closer to date
Dec. 13 th 2025 9am-10am	Creative Expression with Karen O'Meara	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Jan. 17 th 2026 As assigned	Combine Testing	Latitude Performance, Brampton, ON	All competitive (national, provincial & regional) swimmers
Feb. 7 th 2026 9am-10am	Clip Making Fun	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Mar. 28 th 2026 9am-10am	Creative Expression with Karen O'Meara	Huron Park Recreation Centre	All competitive (national, provincial & regional) swimmers
Apr. 18 th 2026 As assigned	Pelvic Health Workshop	Latitude Performance, Brampton, ON	All competitive (national, provincial & regional) swimmers
May. 16 th 2026 12pm-1pm	Mental Health & Performance Virtual Workshop	Virtually Online	Link will be provided to members via email