MAY 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---------|-----------|----------|--------|----------|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 7:00 PM NAA 1st Meeting | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |
| | | | | | | |

JUNE 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--------|----------|--------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 7:00 PM NAA 2nd Meeting (updated June 12) | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 7:00 PM Diving Coaches Meeting (Walters) | 7:00 PM Waterpolo Coaches Meeting (Glenmore) | 7:00 PM Swimming Coaches Meeting (Walters) | 7:00 PM - 8:00 PM Synchro Coaches Meeting (Glenmore) | 30 | | |
| | | | | | | |

JULY 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--|-------------------------|-----------------------------|-----------------------------------|-------------------------------------|---------------------------------|
| | | | | | 1 | 2 |
| 3 | 4 Waterpolo U12 and | 5 | 6 | 7 Waterpolo Girls 1st | 8 Diving A and B | 9 |
| Diving B 1st Meet | Boys 1st Meet | Swimming 1st Meet | Diving A 1st Meet | Meet | 2nd Meet | |
| 10 Diving B 3rd Meet | 11 Waterpolo U12 and Boys 2nd Meet | 12 Swimming 2nd Meet | 13 Diving A 3rd Meet | 14 Waterpolo Girls 2nd Meet | 15 | 16 |
| 17 Diving B 4th Meet | 18 Waterpolo U12 and Boys 3rd Meet | 19 Swimming 3rd Meet | 20 Diving A 4th Meet | 21 Waterpolo Girls 3rd Meet | 22 Summer Swimmers Meet (VYC) | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Diving B 5th Meet | Waterpolo U12 and Boys 4th Meet | Swimming 4th Meet | Diving A 5th Meet | Waterpolo Girls 4th Meet | Junior Synchro Prelims (WPK) | Senior Synchro Prelims (ELM) |
| 31 Diving B 6th Meet | | | | | | |

AUGUST 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|------------------------------------|--------------------------------|---------------------|-----------------------------|---------------------------------|---------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | Waterpolo U12 and Boys 5th Meet | Swimming 5th Meet | Diving A 6th Meet | Waterpolo Girls 5th Meet | A Time Trials (WES) | Rain Date |
| | | | | | B & C Time Trials (SUR) | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Rain Date | Waterpolo Playoffs | Pre-Junior Synchro | Rain Date | Rain Date | Big Meet (ECC) | Rain Date |
| | #1 (VYC) | Finals (ELM) | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Junior Synchro Finals (THO) | Waterpolo Playoffs #2 (WES) | Senior Synchro Finals (WPK) | Diving Finals (FVW) | Rain Date | Waterpolo Girls Finals (ELM) | Waterpolo Finals (ELM) |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 7:00 PM Final NAA meeting 2023 | 29 | 30 | 31 | | | |
| | | | | | | |