



# OP TRAINING SCHEDULE 2023-2024

Pre-Competitive – as of January 1st, 2024

MAC Practice Schedule 2023-2024	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPAA</b> 4x week	AM/PM				4:00-5:15pm MPAC			
<b>OPA/OPAA</b> 3x week	AM/PM	4:00-5:00pm Thornlea		4:00-5:00pm Milliken Mills**			7:30-9:00am Thornlea	
<b>OPB</b> 2x week	AM/PM`	5:00-6:00pm Thornlea				4:15-5:45pm Thornlea		
<b>OPC</b> 2x week	AM/PM	6:00-7:00pm Thornlea				5:45-7:15pm Thornlea		
<b>OPD</b> 1x week	AM/PM			5:00-6:00pm Milliken Mills**				
<b>OP Development</b> 2x week	AM/PM		4:00-6:00pm Milliken Mills**				6:00-7:30am Thornlea	

MPAC – Markham Pan Am Pool

Updated December 19, 2023