



OP TRAINING SCHEDULE 2025-2026

as of July 14, 2025 (subject to change)

MAC Practice Schedule 2025-26	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPAA 4x week	AM/PM	4:00-5:00pm Thornlea		4:00-5:00pm Thornlea	4:00-5:15pm MPAC		7:30-9:00am Thornlea	
OPA1 3x week	AM/PM	4:00-5:00pm Thornlea		4:00-5:00pm Thornlea			7:30-9:00am Thornlea	
OPA2 3x week	AM/PM	6:00-7:00pm Thornlea		5:00-6:00pm Thornlea		6:00-7:30pm Thornlea		
OPB 2x week	AM/PM	5:00-6:00pm Thornlea				4:30-5:45pm Thornlea		
OPC 2x week	AM/PM	6:00-7:00pm Thornlea				6:00-7:15pm Thornlea		
OPD 1x week	AM/PM			5:00-6:00pm Thornlea				
OP DEV 2x week	AM/PM		4:00-6:00pm Milliken Mills				6:00-7:30am Thornlea	
OP DEV3 3x week	AM/PM	6:00-7:30am MPAC	4:00-6:00pm Milliken Mills				6:00-7:30am Thornlea	
OP DEV4 4X week	AM/PM	6:00-7:30am MPAC	4:00-6:00pm Milliken Mills			5:30-7:30am MPAC	6:00--7:30am Thornlea	

MPAC-Markham Pan Am Pool