

Markham Aquatic Club - Bronze, October 2023 (As of Sep 28)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 1	2	3	4	5	6	7
					5:45-7:15 MP 7:15-7:30 Optional	Thanksgiving weekend No Practice
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-6:00 King Square Table Tennis	
8	9	10	11	12	13	14
					5:45-7:15 MP 7:15-7:30 Optional	
	Thanksgiving No Practice	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club	SCAR Meet 11:15-4:00
15	16	17	18	19	20	21
MAC Award Banquet 11:00-2:30						5:45-7:55 Corn
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club RHAC Meet 6:30-9:00	
22	23	24	25	26	27	28
					5:45-7:15 MP 7:15-7:30 Optional	
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club	MAC Meet 1:00-6:00
29	30	31	Nov 1	2	3	4
						5:45-7:55 Corn
MAC Meet 1:00-6:00	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 DL TBC 5:45-7:00 MP	
5	6	7	8	9	10	11
						MAC Rising Star Meet
	3:45-6:00 Cent	3:45-6:15 MP	3:45-5:30 MP 5:45-6:30 DL	3:45-6:15 MP	3:50-5:00 E Bad Club 5:45-7:00 MP	MAC Rising Star Meet

Start time is on deck time including pre-workout activation time

Thanksgiving Weekend Self Training Suggestion: Swim 1X, Ballgame 1X