



## December 2025

### Bronze

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:00-6:00pm CENT	2 4:00-6:00pm MP	3 4:00-5:30pm MP	4 Border City	5 Border City	6 Border City
7 Border City	8 OFF	9 4:00-6:00pm MP 6:15-6:45pm Dry	10 4:00-5:30pm MP	11 4:00-6:00pm MP 6:15-6:45pm Dry	12 MAC JINGLE BELL	13 MAC JINGLE BELL
14 MAC JINGLE BELL	15 OFF	16 4:00-6:00pm MP 6:15-6:45pm Dry	17 4:00-5:30pm MP	18 4:00-6:00pm MP 6:15-6:45pm Dry	19 LAST PRACTICE 6:00-7:00pm	20 OFF
21 OFF	22 OFF	23 OFF	24 OFF	25 OFF	26 OFF	27 OFF
28 OFF	29 OFF	30 OFF	31 OFF	January 1 OFF	2 OFF	3 OFF
4 OFF	5 WELCOME BACK					

**Notes:**

Please be prepared to run in proper attire and dress appropriately for the weather and/or indoor activity.

- Equipment required: Running shoes/Skipping rope/Yoga mat/water bottle/paddles/pull buoy/Band/Fins/Snorkel/Stretch Band
- On time = 15 min early for activation on pool deck.