



## January 2026

### Bronze

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 WELCOME BACK! 4:00-6:00pm CENT	6 4:00-6:00pm MP 6:15-6:45pm Dry	7 4:00-5:30pm MP	8 4:00-6:00pm MP 6:15-6:45pm Dry	9 6:00-7:00pm	6:00-8:00am Cornell
11	12 4:00-6:00pm CENT	13 4:00-6:00pm MP 6:15-6:45pm Dry	14 4:00-5:30pm MP	15 4:00-6:00pm MP NO DRYLAND	16 5:30-7:30am	6:00-8:00am Cornell
18	19 4:00-6:00pm CENT	20 4:00-6:00pm MP 6:15-6:45pm Dry	21 4:00-5:30pm MP	22 MAC WINTER INVITATIONAL	23 MAC WINTER INVITATIONAL	24 MAC WINTER INVITATIONAL
25 MAC WINTER INVITATIONAL	26 OFF	27 4:00-6:00pm MP 6:15-6:45pm Dry	28 4:00-5:30pm MP	29 4:00-6:00pm MP 6:15-6:45pm Dry	30 Mallards meet Friday only	6:00-8:00am Cornell

#### Notes:

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

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