

GROUP: Junior
MONTH: April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF	2 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	3 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	4 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	5 5:30-7:30am MPAC OFF	6 5:30-7:15am MPAC
7 OFF	8 5:30-7:30am MPAC OFF	9 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	10 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	11 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	12 OFF 4:00-6:00pm MPAC 6:15-7:00pm Weights	13 6:00-8:00am MPAC
14 OFF	15 5:30-7:30am MPAC OFF	16 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	17 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	18 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	19 Mallards Invitational - MPAC	20 Mallards Invitational - MPAC
21 OFF	22 5:30-7:30am MPAC OFF	23 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	24 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	25 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	26 OFF 6:00-7:30pm Milliken	27 6:00-8:00am Cornell
28 OFF	29 5:30-7:30am MPAC OFF	30 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland				

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.