

GROUP: Junior
MONTH: December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30-7:30am MPAC OFF	2 OFF 4:00-6:00pm MPAC	3 OFF 4:00-5:30pm MPAC	4 Border City Invitational – Team Travel to Windsor	5 Border City Invitational – Team Travel to Windsor	6 Border City Invitational – Team Travel to Windsor
7 Border City Invitational – Team Travel to Windsor	8 Return from Windsor OFF	9 OFF 4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	10 5:30-7:30am MPAC 4:00-5:30pm MPAC Dryland 5:45- 6:30pm	11 OFF 4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	12 MAC Jingle Bell - MPAC	13 MAC Jingle Bell - MPAC
14 MAC Jingle Bell - MPAC	15 TBD	16 OFF 4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	17 OFF 4:00-5:30pm MPAC Dryland 5:45- 6:30pm	18 OFF 4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	19 OFF 4:00-6:00pm MPAC	20 HAPPY HOLIDAYS!
21 HAPPY HOLIDAYS!	22 HAPPY HOLIDAYS!	23 HAPPY HOLIDAYS!	24 HAPPY HOLIDAYS!	25 HAPPY HOLIDAYS!	26 HAPPY HOLIDAYS!	27 9:00am - 12:00pm MPAC
28 9:00am - 12:00pm MPAC	29 9:00am - 12:00pm MPAC	30 9:00am - 12:00pm MPAC	31 9:00am - 12:00pm MPAC	1 HAPPY NEW YEAR!		

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.