



GROUP: JUNIOR DEVELOPMENT

MONTH: DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01/12 5:30-7:30AM SWIM @MPAC	02/12	03/12 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC	04/12	05/12 MURRAY DRUDGE INVITATIONAL	06/12 MURRAY DRUDGE INVITATIONAL
07/12 MURRAY DRUDGE INVITATIONAL	08/12 OFF	09/12	10/12 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC	11/12	12/12 MAC JINGLE INVITATIONAL	013/12 MAC JINGLE INVITATIONAL
14/12 MAC JINGLE INVITATIONAL	15/12 OFF	16/12	17/12 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC	18/12	19/12 5:30-7:30AM SWIM @ MPAC	20/12 PROGRAMMING BREAK —> HAPPY HOLIDAYS
21/12 —>	22/12 —>	23/12 —>	24/12 —>	25/12 —>	26/12 —>	27/12 —>
28/12 —>	29/12 —>	30/12 —>	31/12 —>			

**MPAC = Markham Pan Am Centre

ALL SWIMMERS ARE TO BE ON DECK 15 MINUTES PRIOR TO THE START OF PRACTICE WITH ALL LISTED TRAINING EQUIPMENT.