



GROUP: JUNIOR DEVELOPMENT

MONTH: JANUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---------|---|---|---|---|
| | | | | 01/01 —> | 02/01 —> | 03/01 —> |
| 04/01 —> | 05/01 5:30-7:30AM SWIM @MPAC | 06/01 | 07/01 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC | 08/01 | 09/01 5:30-7:30AM SWIM @ MPAC | 10/01 |
| 11/01 | 12/01 5:30-7:30AM SWIM @MPAC | 13/01 | 14/01 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC | 15/01 | 16/01 5:30-7:30AM SWIM @ MPAC | 17/01 |
| 18/01 | 19/01 5:30-7:30AM SWIM @MPAC | 20/01 | 21/01 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC | 22/01 MAC WINTER INVITATIONAL | 23/01 MAC WINTER INVITATIONAL | 24/01 MAC WINTER INVITATIONAL |
| 25/01 MAC WINTER INVITATIONAL | 26/01 OFF | 27/01 | 28/01 5:30-7:30AM SWIM @MPAC 7:00-8:30PM SWIM @MPAC | 29/01 | 30/01 MALLARDS LC CHALLENGE | 31/01 |

****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.