

GROUP: Junior

MONTH: February 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:30-7:30am MPAC OFF	3 OFF 4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	4 5:30-7:30am MPAC 4:00-5:30pm MPAC Dryland 5:45- 6:30pm	5 OFF 4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	6 CENTRAL REGION DIV 1 CHAMPS - Etobicoke	7 CENTRAL REGION DIV 1 CHAMPS - Etobicoke
8 CENTRAL REGION DIV 1 CHAMPS - Etobicoke	9 OFF OFF	10 OFF 4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	11 5:30-7:30am MPAC 4:00-6:00pm Cornell	12 TBD	13 5:30-7:00am MPAC OFF	14 5:30-7:00am MPAC
15 OFF	16 OFF OFF	17 OFF 4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	18 5:30-7:30am MPAC 4:00-5:30pm MPAC	19 OFF 4:00-6:00pm MPAC	20 OFF 4:00-6:00pm MPAC	21 6:00-9:00am MPAC
22 OFF	23 5:30-7:30am MPAC OFF	24 OFF 4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	25 5:30-7:30am MPAC 4:00-5:30pm MPAC Dryland 5:45- 6:30pm	26 OFF 4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	27 OFF 4:00-6:00pm MPAC	28 5:30-7:00am MPAC

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.