

**GROUP: Junior**  
**MONTH: January 2026**



<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				1 HAPPY NEW YEAR!	2 OFF  OFF	3 OFF
4 OFF	5 5:30-7:30am MPAC  OFF	6 OFF  4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	7 5:30-7:30am MPAC  4:00-5:30pm MPAC Dryland 5:45- 6:30pm	8 OFF  4:00-6:00pm MPAC Girls Wts 6:15- 7:00pm	9 OFF  4:00-6:00pm MPAC	10 6:00-8:00am MPAC
11 OFF	12 5:30-7:30am MPAC  OFF	13 OFF  4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	14 5:30-7:30am MPAC  4:00-5:30pm MPAC Girls Wts 5:45- 6:30pm	15 OFF  4:00-6:00pm MPAC	16 5:30-7:30am MPAC  OFF	17 5:30-7:00am MPAC
18 OFF	19 5:30-7:30am MPAC  OFF	20 OFF  4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	21 5:30-7:30am MPAC  4:00-5:30pm MPAC Girls Wts 5:45- 6:30pm	22 MAC WINTER INVITATIONAL - MPAC	23 MAC WINTER INVITATIONAL - MPAC	24 MAC WINTER INVITATIONAL - MPAC
25 MAC WINTER INVITATIONAL - MPAC	26 OFF  OFF	27 OFF  4:00-6:00pm MPAC Boys Wts 6:15-7:00pm	28 5:30-7:30am MPAC  4:00-5:30pm MPAC Girls Wts 5:45- 6:30pm	29 OFF  4:00-6:00pm MPAC	30 5:30-7:30am MPAC  OFF	31 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.