

GROUP: Junior
MONTH: January 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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 Dryland 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.

- 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.