

GROUP: Junior
MONTH: March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Ontario Swimming Championships – TPASC	2 Ontario Swimming Championships – TPASC
3 Ontario Swimming Championships – TPASC	4 6:00-7:30am MPAC (No OSC) OFF	5 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	6 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	7 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	8 OFF 4:00-6:00pm MPAC 6:15-6:45pm Weights	9 6:00-8:00am MPAC
10 March Break	11 March Break	12 March Break	13 March Break	14 March Break	15 March Break	16 March Break
17 OFF	18 5:30-7:30am MPAC OFF	19 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	20 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	21 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	22 5:30-7:30am MPAC OFF	23 6:00-8:00am Cornell
24/31 OFF	25 5:30-7:30am MPAC OFF	26 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	27 5:30-7:30am MPAC 4:00-5:30pm MPAC 5:45-6:30pm Weights	28 OFF 4:00-6:00pm Cornell 6:15-7:00pm Dryland	29 OFF	30 6:00-9:00am 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
2. On time = 15 min early for activation on pool deck.