



March / April 2024

Olympic Prospects (OP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 3	4 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	5 OPDEV 4-6pm Milliken	6 OPA 4-5pm OPD 5-6pm Milliken	7 OPAA 4-5:15pm MPAC	8 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	9 OPDEV 6-7:30am OPA 7:30-9am Thornlea
10 OP in-house meet at Cornell 9am-1pm	OP no practices March 11 -17					
11	12	13	14	15	16	
17	18 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	19 OPDEV 4-6pm Aaniin	20 OPA 4-5pm OPD 5-6pm Aaniin	21 OPAA 4-5:15pm MPAC	22 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	23 OPDEV 6-7:30am OPA 7:30-9am Thornlea
24	25 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	26 OPDEV 4-6pm Aaniin	27 OPA 4-5pm OPD 5-6pm Aaniin	28 OPAA 4-5:15pm MPAC	29 OFF Good Friday	30 OFF
31 Easter	April 1 OFF Easter Monday	2 OPDEV 4-6pm Aaniin	3 OPA 4-5pm OPD 5-6pm Aaniin	4 OFF	5 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	6 OPDEV 6-7:30am OPA 7:30-9am Thornlea
7	8 OPA 4-5pm OPB 5-6pm OPC 6-7pm Thornlea	9 OPDEV 4-6pm Milliken	10 OPA 4-5pm OPD 5-6pm Milliken	11 OPAA 4-5:15pm MPAC	12 OPB 4:15-5:45pm OPC 5:45-7:15pm Thornlea	13 OPDEV 6-7:30am OPA 7:30-9am Thornlea

Notes:

- please be on deck 10 minutes before scheduled in-pool start time for activation/focusing
- check OP webpage on MAC website for swim meet dates
- Milliken closure for maintenance March 19-April 3, OP practices move to Aaniin Community Centre, 5665 14th Ave, Markham, ON
- no MAC practices Easter weekend