



TRAINING SCHEDULE 2022-2023

Competitive – as of February 1, 2023

MAC Practice Schedule 2022-2023	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Coach Sean	AM		5:30-7:30am MP		5:30-7:30am MP		6:00-9:00am MP
	PM	4:00-6:00pm MP 6:15-7:00 DL	4:00-6:00pm MP 6:15-7:00 WTS	4:00-6:00pm CORN	4:00-6:00pm MP 6:15-7:00 WTS	4:00-6:00pm MP 6:15-7:00 DL	
Junior Coach Glen	AM	5:30-7:30am MP		5:30-7:30am MP			6:00-8:00am MP
	PM		4:00-6:00pm CORN 6:15-7:00 DL	4:00-5:30pm MP	4:00-6:00pm CORN 6:15-7:00 DL	4:00-6:00pm MP	
Bronze Coach	AM						6:00-8:00am CORN
	PM	4:00-6:00 CENT	4:00-6:00pm MP	4:00-5:30pm MP 5:45-6:30 DL	4:00-6:00pm MP	6:00-7:00pm MP	
Bantam Coach	AM			5:30-7:30am MP			6:00-7:30am CENT
	PM		4:00-6:00pm CENT 6:00-6:30 DL	4:00-6:00pm CENT	4:00-6:00pm CENT 6:15-7:00 DL	4:00-6:00pm CENT	
JAG Coach	AM						6:00-7:30am CENT
	PM		4:00-6:00pm CENT 6:00-6:30 DL	4:00-6:00pm CENT	4:00-6:00pm CENT 6:15-7:00 DL	4:00-6:00pm CENT	
TAG Coach Carter	AM						7:30-9:00am CENT
	PM		4:00-6:00pm MP 6:15-7:00 DL	4:00-5:30pm MP	4:00-6:00pm MP 6:15-7:00 DL	6:00-7:00pm MP	
Masters	AM	6:00-7:30am MP				6:00-7:30am MP	
	PM			7:00-8:30pm MP			

MP – Markham Pan Am Pool

CENT – Centennial Pool

CORN – Cornell Pool