



TRAINING SCHEDULE 2023-2024

Competitive – as of Sep 10, 2023

| MAC Practice Schedule 2023-2024 | 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 5:45-6:30 WTS | 4:00-6:00pm CORN 6:15-7:00 DL | 4:00-6:00pm MP 5:45-6:30 WTS | |
| Bronze Coach Takeo | 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* | 4:00-6:00pm CENT* 6:15-7:00 DL | 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* | 4:00-6:00pm CENT* 6:15-7:00 DL | 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 | |

MP – Markham Pan Am Pool

CENT* – Centennial Pool will close March 2024. Swimmers will migrate to Milliken Mills Pool for remainder of season, schedule to be determined.

CORN – Cornell Pool

WTS – Weights

DL - Dryland