



TRAINING SCHEDULE 2025-2026

Competitive – as of September 2, 2025 (subject to change)

MAC Practice Schedule 2025-2026	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Coach Sean	AM		5:30-7:30am MP		5:30-7:30am MP		6:00-8:00am MP 8:00-9:00 DL
	PM	4:00-6:00pm MP 6:15-7:00 DL	4:00-6:00pm MP 6:15-7:00 WTS	4:00-5:30pm MP 5:45-6:30 DL	4:00-6:00pm MP 6:15-7:00 WTS	4:00-6:00pm MP	
Junior Coach Glen	AM	5:30-7:30am MP		5:30-7:30am MP			6:00-8:00am MP
	PM	6:15-7:00 WTS	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	4:00-6:00pm MP 6:15-7:00 WTS	
Bronze Coach Carter	AM						6:00-8:00am CORN
	PM	4:00-6:00 CENT	4:00-6:00pm MP 6:15-6:45 DL	4:00-5:30pm MP	4:00-6:00pm MP 6:15-6:45 DL	6:00-7:00pm MP	
Bantam Coach Hazem	AM		5:30-7:30am MP		5:30-7:30am MP		6:00-7:30am CENT
	PM		4:00-6:00pm CORN 6:15-7:00 DL	4:00-6:00pm CORN	4:00-6:00pm CORN 6:15-7:00 DL	4:00-6:00pm CENT	
JAG Coach Hazem	AM						6:00-7:30am CENT
	PM		4:00-6:00pm CORN 6:15-7:00 DL	4:00-6:00pm CORN	4:00-6:00pm CORN 6:15-7:00 DL	4:00-6:00pm CENT	
Junior Development	AM	5:30-7:30am MP		5:30-7:30am MP		5:30-7:30am MP	
	PM			7:00-8:30pm MP			
TAG Coach Matthew	AM						7:30-9:00am CENT 9:15-10:00 DL
	PM		4:00-6:00pm CENT	4:00-6:00pm CENT	4:00-6:00pm CENT 6:15-7:00 DL	6:00-7:00pm MP	

MP –

Markham Pan Am Pool

CENT – Centennial Pool

CORN – Cornell Pool

WTS – Weights

DL – Dryland (subject to change)