

	HIGH PERFORMANCE Christmas Training Schedule 2025/2026						
	Monday Dec 22	Tuesday Dec 23	Wednesday Dec 24	Thursday Dec 25	Friday Dec 26	Saturday Dec 27	Sunday Dec 28
AM	Christmas Break					6:00-8:00am EO LC	
PM						15:00-17:00pm MPAC LC	12:30-14:30pm EO LC
	Monday Dec 29	Tuesday Dec 30	Wednesday Dec 31	Thursday Jan 1	Friday Jan 2	Saturday Jan 3	Sunday Jan 4
AM	5:30-8:00am CL		5:30-7:00am CL	Happy New Year HP!			
PM	14:30-16:00pm CL	17:30-19:15pm EO LC			14:00-16:00pm MPAC LC	17:00-18:30pm EO SC	
EO: Etobicoke Olympium							
CL: Clarkson							
MPAM: Markham PanAm Center							
LC: Long Course							
SC: Short Course							