



September 2021

Senior/Gold1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	7	8	9	10	11	12
OFF						
12 OFF	13 New Season Begins 4:00-6:00pm 6:00-6:30 Dry MPAC	14 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	15 4:00-5:30pm 5:30-6:30 Dry MPAC	16 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	17 4:00-6:00pm 6:00-6:30 Dry MPAC	18 OFF
19 OFF	20 4:00-6:00pm 6:00-6:30 Dry MPAC	21 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	22 New MPAC Covid Policy 4:00-5:30pm 5:30-6:30 Dry MPAC	23 OFF 4:30-6:00pm 6:00-6:30 Dry MPAC	24 4:00-6:00pm 6:00-6:30 Dry MPAC	25 OFF
26 OFF	27 4:00-6:00pm 6:00-6:30 Dry MPAC	28 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	29 4:00-5:30pm 5:30-6:30 Dry MPAC	30 OFF 4:00-6:00pm 6:00-6:30 Dry MPAC	1 4:00-6:00pm 6:00-6:30 Dry MPAC	2 6:00-8:00am 8:00-8:45am DRY

Notes: Please be prepared to run in proper attire and dress appropriately.

1. Equipment required for the first two weeks: Running shoes/Skipping rope/water bottle/paddles/pull buoy/Band/Speedo Fins/Snorkel **WT BELTS BY OCT 1st please**
2. All Practices at MPAC unless noted.
3. On time = 15 min early
4. Parents are to ensure swimmer entry into MPAC
5. No spectators allowed in MPAC at this time.
6. G1 Does not train on Thursday pms