

December 2025

Schedules around PCSC and MSSAC for those racing/training will be sent to applicable swimmers relating to each competition.

HIGH PERFORMANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
Steeltown Meet	Hill Park OFF Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	PCSC Meet - Quebec Or Jimmy TP 4:30PM-6:00PM YOGA 6:00-7:00PM	PCSC Meet - Quebec OR MAC 6:00am-7:30am Jimmy TP 4:30pm- 6:30pm	PCSC Meet - Quebec
7	8	9	10	11	12	13
MAC 8:30am -10:30am HP Center 10:45am- 11:45am OR PCSC Meet	Hill Park 5:45-7:30am Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	Hillpark 5:45am - 7:30am CH 5:00pm - 7:00pm	
14	15	16	17	18	19	20
BLACK VS GOLD HP Center 10:45am-11:45am	Hill Park 5:45-7:30am Odeon 4:30pm -5:30pm	Hill Park 4:30pm - 6:00pm	Hill Park 5:45am - 7:30am Laurier 4:30pm -6:30pm	Jimmy TP 4:30pm - 6:00pm YOGA 6:00-7:00pm	MSSAC OPEN OR Hillpark 5:45am - 7:30am CH 5:00pm - 7:00pm	MSSAC OPEN
21	22	23	24	25	26	27
MAC 8:30am -10:30am HP Center 10:45am- 11:45am (Tentative) OR MSSAC Open	Winter Break	Winter Break	Christmas Eve	Christmas	Boxing Day	Winter Break
28	29	30	31			

	Winter Break	Winter CAMP	Winter CAMP	Winter CAMP	New Years Day	Winter CAMP	Winter CAMP
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