

January 2026 – “A” Group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3	4
am							
pm				OFF	12:00 – 2:00 (5 lanes - LC) Pan Am Markham	Pool unavailable	2:00 – 4:00 Pan Am Scarborough
	5	6	7	8	9	10	11
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		2:00 – 4:00 Pan Am Scarborough
	12	13	14	15	16	17	18
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)			
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	Dry Land OFF	RHAC Winter Inv.	RHAC Winter Inv.	RHAC Winter Inv.
	19	20	21	22	23	24	25
am		OFF after the meet		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		2:00 – 4:00 Pan Am Scarborough
	26	27	28	29	30	31	
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		