

## **Charger Aquatics Fall/Spring 2023-2024 Practice Schedule**

*Please note: This schedule may be subject to change. Should practices change, we will notify everyone as soon as possible. The schedule begins August 21 and runs through November 3, when we will shift to Winter Schedule during the NMAA HS Season. We resume this Schedule for the Spring on February 26, 2024 through the end of school.*

### **Senior Elite:**

- Monday: 6:30 AM-7:30 AM Weight Room, 4:00 PM-6:15 PM Swim
- Tuesday: 6:00 AM-7:30 AM Swim, 4:00 PM-6:30 PM Swim
- Wednesday: 4:00 PM-6:15 PM, 6:35 PM-7:15 PM Weight Room
- Thursday: 6:00 AM-7:30 AM Swim, 4:00 PM-6:30 PM Swim
- Friday: 6:30 AM-7:30 AM Weight Room, 4:00 PM-6:15 PM Swim
- Saturday: 7:50AM-10:30AM

### **Senior Regional:**

- Monday: 6:00 PM-8:00 PM
- Tuesday: 6:30 AM-7:30 AM Dryland, 6:15 PM-8:15 PM
- Wednesday: 6:00 PM-8:00 PM
- Thursday: 6:30 AM-7:30 AM Dryland, 6:15 PM-8:15 PM
- Friday: 6:00 PM-8:00 PM
- Saturday: 7:50 AM-10:30 AM (Dryland to Start)

### **Senior Championship (new group Fall 2023):**

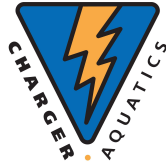
- Monday: 7:15 PM-8:45 PM (Dryland to Start)
- Tuesday: 7:15 PM-8:45 PM
- Wednesday: 7:15 PM-8:45 PM (Dryland to Start)
- Thursday: 7:15 PM-8:45 PM
- Friday: 5:30 PM-7:00 PM
- Saturday: 9:45 AM-11:45 AM (Dryland to Start)

### **Senior State:**

- Monday: 7:15 PM-8:45 PM (Dryland to Start)
- Tuesday: 7:15 PM-8:45 PM
- Wednesday: 6:00 PM-7:30 PM (Dryland to Start)
- Thursday: 7:15 PM-8:45 PM

### **Age Group Regional:**

- Monday: 4:30 PM-6:00 PM
- Tuesday: 4:30 PM-6:15 PM (Dryland to Start)
- Wednesday: 4:30 PM-6:00 PM
- Thursday: 4:30 PM-6:15 PM (Dryland to Start)
- Friday: 4:30 PM-6:00 PM
- Saturday: 10:30 AM-12:00 PM



**Age Group Championship:**

- Monday: 6:00 PM-7:30 PM
- Tuesday: 6:00 PM-7:30 PM (Dryland to Start)
- Thursday: 6:00 PM-7:30 PM (Dryland to Start)
- Friday: 4:00 PM-5:30 PM
- Saturday: 10:30 AM-12:00 PM

**Age Group State (new group Fall 2023):**

- Monday: 5:45 PM-7:15 PM (Dryland to Start)
- Tuesday: 6:00 PM-7:15 PM
- Wednesday: 5:45 PM-7:15 PM (Dryland to Start)
- Thursday: 6:00 PM-7:15 PM
- Friday: 4:00 PM-5:30 PM

**Gold:**

- Monday: 5:45 PM-7:15 PM
- Tuesday: 6:00 PM-7:30 PM (Dryland to Start)
- Wednesday: 5:45 PM-7:15 PM
- Thursday: 6:00 PM-7:30 PM (Dryland to Start)

**Silver 1:**

- Monday: 4:50 PM-6:00 PM
- Wednesday: 4:50 PM-6:00 PM
- Saturday: 9:00 AM-10:10 AM

**Silver 2:**

- Tuesday: 3:50 PM-5:00 PM
- Thursday: 3:50 PM-5:00 PM
- Saturday: 9:00 AM-10:10 AM

**Bronze 1:**

- Monday: 3:50 PM-4:45 PM
- Wednesday: 3:50 PM-4:45 PM
- Saturday: 8:00 AM-8:55 AM

**Bronze 2:**

- Tuesday: 5:05 PM-6:00 PM
- Thursday: 5:05 PM-6:00 PM
- Saturday: 8:00AM-8:55AM