

Charger Aquatics Summer 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 takes effect Monday, June 3rd.

Senior Elite:

- Monday: 6:30 AM-8:45 AM Swim, 2:45 PM-4:30 PM Swim
- Tuesday: 6:30 AM-9:00 AM Swim, 2:30 PM-3:30 PM Weight Room
- Wednesday: 6:30 AM-8:45 AM Swim, 2:45 PM-4:30 PM Swim
- Thursday: 6:30 AM-9:00 AM Swim, 2:30 PM-3:30 PM Weight Room
- Friday: 6:30 AM-8:45 AM Swim, 2:30 PM-3:30 PM Weight Room OR 2:45 PM-4:30 PM Swim
- Saturday: 7:50AM-10:30AM Swim

Senior Regional:

- Monday: 6:30 AM-8:45 AM Swim, 2:30 PM-3:30 PM Weight Room
- Tuesday: 6:30 AM-8:45 AM Swim, 3:00 PM-4:30 PM Swim
- Wednesday: 6:30 AM-8:45 AM Swim, 2:30 PM-3:30 PM Weight Room
- Thursday: 6:30 AM-8:45 AM Swim, 3:00 PM-4:30 PM Swim
- Friday: 6:30 AM-8:45 AM Swim, 2:30 PM-3:30 PM Weight Room
- Saturday: 7:50AM-10:00AM Swim

Senior Championship:

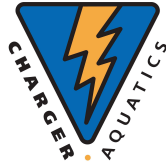
- Monday: 6:30 AM-8:00 AM
- Tuesday: 6:30 AM- 8:30 AM (Dryland to Finish)
- Wednesday: 6:30 AM-8:00 AM
- Thursday: 6:30 AM- 8:30 AM (Dryland to Finish)
- Friday: 6:30 AM-8:00 AM

Senior State:

- Monday: 3:00 PM-4:30 PM
- Tuesday: 3:00 PM-4:30 PM
- Wednesday: 3:00 PM-4:30 PM
- Thursday: 3:00 PM-4:30 PM

Age Group Regional:

- Monday: 4:30 PM-6:30 PM (Dryland to Finish)
- Tuesday: 4:30 PM-6:00 PM
- Wednesday: 4:30 PM-6:30 PM (Dryland to Start)
- Thursday: 4:30 PM-6:00 PM
- Friday: 4:30 PM-6:30 PM (Dryland to Start)



- Saturday: 10:00AM-11:30AM

Age Group Championship:

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

Age Group State:

- Monday: 6:00 PM-7:15 PM
- Tuesday: 5:45 PM-7:15 PM (Dryland to Start)
- Wednesday: 6:00 PM-7:15 PM
- Thursday: 5:45 PM-7:15 PM (Dryland to Start)
- Saturday: 10:30 AM-12:00 PM

Gold:

- Monday: 6:00 PM-7:15 PM
- Tuesday: 6:00 PM-7:15 PM
- Thursday: 6:00 PM-7:15 PM
- Friday: 4:30 PM-5:45 PM

Silver 1:

- Monday: 5:45 PM-6:55 PM
- Thursday: 5:45 PM-6:55 PM
- Saturday: 9:00 AM-10:10 AM

Silver 2:

- Tuesday: 5:45 PM-6:55 PM
- Friday: 5:45 PM-6:55 PM
- Saturday: 9:00 AM-10:10 AM

Bronze 1:

- Monday: 4:50 PM-5:45 PM
- Thursday: 4:50 PM-5:45 PM
- Saturday: 8:00 AM-8:55 AM

Bronze 2:

- Tuesday: 4:50 PM-5:45 PM
- Friday: 4:50 PM-5:45 PM
- Saturday: 8:00 AM-8:55 AM