

Charger Aquatics Winter 2023-2024 Practice Schedule

Please note: This schedule may be subject to change. Should practices change, we will notify everyone as soon as we are able. This schedule goes into effect on November 6th.

Senior Elite:

- Monday: 6:30 AM-7:30 AM Weight Room, 5:45 PM-8:00 PM Swim
- Tuesday: 6:00 AM-7:30 AM Swim, PM @ High School or 5:45 PM-8:00 PM for those not at HS
- Wednesday: 5:45 PM-8:00 PM
- Thursday: 6:00 AM-7:30 AM Swim, 5:45 PM-8:00 PM Swim
- Friday: 6:30 AM-7:30 AM Weight Room, PM @ High School
- Saturday: 7:50 AM-10:30 AM

Senior Regional:

- Monday: 5:45 PM-8:00 PM
- Tuesday: 6:30 AM-7:30 AM Dryland, 7:00 PM-9:00 PM Swim
- Wednesday: 5:45 PM-8:00 PM
- Thursday: 6:30 AM-7:30 AM Dryland, 5:45 PM-8:00 PM Swim
- Friday: 5:45 PM-8:00 PM
- Saturday: 7:50 AM-8:30 AM Dryland, 8:30 AM-10:30 AM Swim

Senior Championship (new group this Fall):

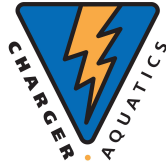
- Monday: 7:30 PM-9:00 PM (Dryland to Start)
- Tuesday: 7:15 PM-8:45 PM
- Wednesday: 7:30 PM-9:00 PM (Dryland to Start)
- Thursday: 7:15 PM-8:45 PM
- Friday: 6:00 PM-8:00 PM
- Saturday: 8:00 AM-8:30 AM Dryland, 8:30 AM-10:00 AM Swim

Senior State:

- Monday: 7:30 PM-9:00 PM (Dryland to Start)
- Tuesday: 7:15 PM-8:45 PM
- Wednesday: 7:30 PM-9:00 PM (Dryland to Start)
- Thursday: 7:15 PM-8:45 PM

Age Group Regional:

- Monday: 4:30 PM-6:00 PM
- Tuesday: 5:15 PM-7:00 PM (Dryland to Start)
- Wednesday: 4:30 PM-6:00 PM
- Thursday: 4:30 PM-6:00 PM
- Friday: 5:40 PM-7:30 PM
- Saturday: 10:30 AM-12:00 PM



Age Group Championship:

- Monday: 6:00 PM-7:30 PM
- Tuesday: 5:40 PM-7:30 PM (Dryland to Start)
- Wednesday: 6:00 PM-7:30 PM
- Friday: 5:40 PM-7:30 PM (Dryland to Start)
- Saturday: 10:30 AM-12:00 PM

Age Group State (new group this Fall):

- 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: 6:00 PM-7:30 PM

Gold:

- Tuesday: 6:00 PM-7:30 PM
- Thursday: 6:00 PM-7:30 PM
- Friday: 5:00 PM-6:30 PM
- Saturday: 12:00 PM-1:30 PM

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