

SCOTTSDALE AQUATIC CLUB

2024 SUMMER PRACTICE SCHEDULE (JUNE 3-JULY 28)

SENIOR DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL	AM	Women Gym 5:00-6:00am Women Swim 6:00-7:30am Men Swim 5:00-6:30am	Women Swim 5:00-6:30am Men Gym 5:00-6:00am Men Swim 6:00-7:30am	Distance/IM 5:00-6:30am Mid/Sprint OFF	Distance/IM OFF Mid/Sprint 5:00-6:30am	ALL 5:30-8:00am	SWIM: 6:00-8:00am GYM: 8:00-9:00am
		Cactus	Cactus	Cactus	Cactus		
	PM	OFF	All 1:00-3:00pm	Distance/IM OFF Mid/Sprint 1:00-3:00pm	Distance/IM 1:00-3:00pm Mid/Sprint OFF	OFF	
		Cactus	Cactus	Cactus	Cactus	Cactus	Cactus

SECTIONAL	AM	OFF	6:00-8:00am	GYM 5:30-6:30am SWIM 6:45-8:15am	6:30-8:00am	OFF	GYM 7:00-8:00am SWIM 8:00-9:30am
			Chap	Cactus	Cactus		
	PM	1:00pm-3:00pm	OFF	1:00-3:00pm	OFF	1:00-3:00pm	
		Cactus		Chap		Cactus	Cactus

SENIOR	AM	6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	6:00-8:00am	SWIM 6:00-7:30am DRY 7:30-8:30am
		Chap	Chap	Chap	Chap	Chap	
	PM	OFF	OFF	OFF	OFF	OFF	
							Cactus

HIGH SCHOOL DEV.	PM	OFF	4:30-6:00pm	OFF	4:30-6:00pm	6:00-7:30pm	SWIM 9:30 - 11:00am
			Cactus		Cactus	Cactus	Cactus

13-14 DIVISION		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13-14 GOLD	AM	6:30-8:15am	OFF	6:30-8:15am	GYM 5:30-6:30am SWIM 6:45-8:15am	OFF	SWIM 8:00-9:30am GYM 9:30-10:30am
		Cactus		Cactus	Cactus		
	PM	OFF	1:00-3:00pm	OFF	1:00-3:00pm	1:00-3:00pm	
			Chap		Chap	Cactus	Cactus

13-14 SILVER	AM	6:00-8:00am	OFF	6:00-8:00am	OFF	OFF	9:30-11:00am
		Chap		Chap			
	PM	OFF	3:00-4:30pm	OFF	3:00-4:30pm	4:30-6:00pm	
			Cactus		Cactus	Cactus	Cactus

13-14 BRONZE	AM	OFF	OFF	OFF	OFF	OFF	11:00-12:30pm
	PM	OFF	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	4:30-6:00pm	
			Cactus	Cactus	Cactus	Cactus	Cactus

13-14 BLUE	PM	OFF	4:30-6:00pm	OFF	4:30-6:00pm	6:00-7:30pm	SWIM 9:30 - 11:00am
			Cactus	Cactus	Cactus	Cactus	Cactus

CACTUS -- Cactus Park Aquatic Center (7202 E Cactus Rd)

MMR -- McDowell Mountain Ranch Aquatic Center (15525 N Thompson Peak Pkwy)

ELDORADO -- Eldorado Aquatic Center (2301 N Miller Rd)

CHAPARRAL -- Chaparral Aquatic Center (5401 N Hayden Rd)