

# SCOTTSDALE AQUATIC CLUB

2024 SPRING PRACTICE SCHEDULE (APRIL 1st - June 2nd)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NATIONAL</b>	AM	SWIM 5:05-6:20am Cactus	OFF	GYM 5:05-6:20am Cactus	SWIM 5:05-6:20am Cactus	OFF	SWIM: 6:00-8:00am GYM: 8:00-9:00am
	PM	SWIM 3:30-5:00pm DRY 5:00-6:00pm CHAP/ELDO	SWIM 3:15-5:45pm	SWIM 3:15-5:30pm	OFF	SWIM 3:15-5:30pm	
			Cactus	Cactus	Cactus	Cactus	Cactus
<b>SECTIONAL</b>	AM	OFF	GYM 5:05-6:20am Cactus	OFF	OFF	SWIM 5:05-6:20am Cactus	GYM 7:00-8:00am SWIM 8:00-9:30am
	PM	SWIM 3:30-5:30pm Cactus	SWIM 3:30-5:30pm CHAP/Eldo	SWIM 3:30-5:30pm MMR	3:30-5:30pm Cactus	OFF	
							Cactus
<b>SENIOR</b>	AM	OFF	SWIM 5:05-6:20am Cactus	OFF	OFF	OFF	SWIM 6:00-7:30am DRY 7:30-8:30am
	PM	SWIM 3:30-5:00pm MMR	OFF	SWIM 5:30-7:30pm Cactus	SWIM 3:30-5:00pm CHAP/ELDO	SWIM 3:30-5:15pm Cactus	
							Cactus
<b>HIGH SCHOOL DEV.</b>	PM	SWIM 6:00-7:30pm Cactus	SWIM 6:00-7:30pm Cacuts	SWIM 6:00-7:30pm Cacuts	OFF	OFF	SWIM 11:00 - 12:30pm Cactus
<b>13-14 DIVISION</b>		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>13-14 GOLD</b>	AM	OFF	OFF	SWIM 5:05-6:20am Cactus	GYM 5:05-6:20am Cactus	OFF	SWIM 8:00-9:30am GYM 9:30-10:30am
	PM	SWIM 3:30-5:30pm MMR	SWIM 3:30-4:50pm DRY 5:00-5:30pm MMR	OFF	SWIM 3:30-5:30pm Cactus	SWIM 5:30-7:30pm Cactus	
							Cactus
<b>13-14 SILVER</b>	AM	OFF	SWIM 5:05-6:20am Cactus	OFF	OFF	OFF	DRY 9:00-9:30am SWIM 9:30-11:00am
	PM	SWIM 3:30-5:30pm GYM 3:30-4:30pm Cactus	OFF	SWIM 3:30-5:15pm Cactus	SWIM 3:30-5:30pm MMR	SWIM 3:30-5:00pm MMR	
							Cactus
<b>13-14 BRONZE</b>	AM	OFF	OFF	OFF	OFF	OFF	SWIM 11:00 - 12:30pm
	PM	OFF	SWIM 3:30-5:00pm DRY- 5:00-5:30pm MMR	SWIM 6:00-7:30pm Cactus	DRY- 5:30-6:00pm SWIM 6:00-7:00pm Cactus	SWIM 5:30-7:30pm Cactus	
							Cactus
<b>13-14 BLUE</b>	PM	SWIM 6:00-7:30pm Cactus	SWIM 6:00-7:30pm Cactus	SWIM 6:00-7:30pm Cactus	OFF	OFF	SWIM 9:30 - 11:00pm 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)