

MIAMI COUNTRY DAY AQUATICS

SPARTAN SWIM TEAM

Schedule for Spring 2023 (March 27 - June 20, 2023)							
Masters / Triathlon		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AM PM		Swim: 6:00-7:30 AM		Swim: 6:00-7:30 AM		Swim: 8:00 AM - 10:00 AM
Senior Elite	AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 8:00 AM - 10:00 AM
	PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM- 4:45 PM Swim: 5:00 PM- 6:30 PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM - 4:45 PM Swim: 5:00 PM - 6:30 PM	Swim: 4:30 PM - 6:30 PM	N/A
Senior Development							
	AM PM	N/A Swim: 4:30 PM - 6:30 PM	Swim: 6:00 AM - 7:30 AM Dryland: 4:00 PM- 4:45 PM Swim: 5:00 PM- 6:30 PM	N/A Swim: 4:30 PM - 6:30 PM	Swim: 6:00 AM - 7:30 AM Dryland: 4:00 PM - 4:45 PM Swim: 5:00 PM - 6:30 PM	N/A Swim: 4:30 PM - 6:30 PM	Swim: 8:00 AM - 10:00 AM N/A
Gold							
	PM	Dryland: 4:30 PM- 5:15 PM Swim: 5:25 PM- 6:30 PM	Swim 4:30 PM - 6:30 PM	Dryland: 4:30 PM- 5:15 PM Swim: 5:25 PM- 6:30 PM	Swim 4:30 PM - 6:30 PM	Swim: 4:30 PM - 6:30 PM	Swim: 8:00 AM - 10:00 AM
Silver "After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 8:30 AM - 10:00 AM
Silver "Late Practice"	PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 8:30 AM - 10:00 AM
Bronze "After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 8:30 AM - 10:00 AM
Bronze "Late Practice"	PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 8:30 AM - 10:00 AM
Spartan Prep "After School"	PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	
Spartan Prep "Late Practice"	PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	

Schedule for Summer 2023 (June 20 - July 28, 2023)							
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters / Triathlon	AM PM		Swim: 6:00-7:30 AM		Swim: 6:00-7:30 AM		Swim: 8:00 AM - 10:00 AM
Senior Elite	AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 8:00 AM - 10:00 AM
	PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM- 4:45 PM Swim: 5:00 PM- 6:30 PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM - 4:45 PM Swim: 5:00 PM - 6:30 PM	Swim: 4:30 PM - 6:30 PM	N/A
Senior Development	AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 6:00 AM - 7:30 AM	N/A	Swim: 8:00 AM - 10:00 AM
	PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM- 4:45 PM Swim: 5:00 PM- 6:30 PM	Swim: 4:30 PM - 6:30 PM	Dryland: 4:00 PM - 4:45 PM Swim: 5:00 PM - 6:30 PM	Swim: 4:30 PM - 6:30 PM	N/A
Gold							Swim: 8:00 AM - 10:00 AM
	PM	Dryland: 4:30 PM- 5:15 PM Swim: 5:25 PM- 6:30 PM	Swim 4:30 PM - 6:30 PM	Dryland: 4:30 PM- 5:15 PM Swim: 5:25 PM- 6:30 PM	Swim 4:30 PM - 6:30 PM	Swim: 4:30 PM - 6:30 PM	
Silver							Swim: 8:30 AM - 10:00 AM
"After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	
Silver							Swim: 8:30 AM - 10:00 AM
"Late Practice"	PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	
Bronze							Swim: 8:30 AM - 10:00 AM
"After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	
Bronze							Swim: 8:30 AM - 10:00 AM
"Late Practice"	PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	Swim: 4:30 PM - 5:45 PM	
Spartan Prep							
"After School"	PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	
Spartan Prep							
"Late Practice"	PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	Swim 4:30 PM - 5:30 PM Swim 5:30 PM - 6:30 PM	

Schedule for Fall 2023 "Interscholastic Season" (August 14 - November 13, 2023)							
Masters / Triathlon		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AM PM		Swim: 6:00-7:30 AM		Swim: 6:00-7:30 AM		
Senior Elite	AM		Swim: 6:00 AM - 7:30 AM		Swim: 6:00 AM - 7:30 AM		Swim: 9:00 AM - 11:00 AM
	PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	
Senior Development	AM		Swim: 6:00 AM - 7:30 AM		Swim: 6:00 AM - 7:30 AM		Swim: 9:00 AM - 11:00 AM
	PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	
Gold							Swim: 9:00 AM - 11:00 AM
	PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	Dryland: 6:00 PM- 6:30 PM Swim: 6:30 PM- 8:00 PM	
Silver							
"After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	
Silver							
"Late Practice"	PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	
Bronze							
"After School"	PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	Swim: 3:00 PM - 4:15 PM	
Bronze							
"Late Practice"	PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	Swim: 6:30 PM - 7:45 PM	
Spartan Prep							
"After School"	PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	Swim: 3:00 PM - 4:00 PM	
Spartan Prep							
"Late Practice"	PM	Swim 6:30 PM - 7:30 PM	Swim 6:30 PM - 7:30 PM	Swim 6:30 PM - 7:30 PM	Swim 6:30 PM - 7:30 PM	Swim 6:30 PM - 7:30 PM	