

Columbus Aquatic Club

2025 Long Course (Summer) Practice Schedule

Begins Tuesday, May 27

Holiday: No Practice July 4

Cat 1/2/3 Last Day of Regular Practice: July 15, final mini-meet July 16

Cat 4/5/Sr/Masters: Last Day of Regular Practice July 16

LC AG State Champs July 17-20: We are hosting this state-wide meet. All team families and athletes 12+ who are not competing are asked to volunteer during this event.

Championships Qualifiers Practices TBD July 17-24

Group	Practices
Cat 1	M/T/Th 4:15-5:00pm
Cat 2	M/T/Th 4:00-5:15pm (drylands included on M/Th) F 8:30-9:30am (Combined Cat 2/3) Sat 10:00-11:15am (includes drylands with Cat 3)
Cat 3	M/T/Th 4:00-5:30pm (includes drylands on T/Th) F 8:30-9:30 (Combined Cat 2/3) Sat 10:00-11:30 am (includes drylands with Cat 2)
Cat 4	M/T/W/F 6:45-8:45 am Th 7:00-9:00am (DC)** Evening M/Th 5:00-7:00pm (includes drylands) Sat 8:00-11:00am (includes drylands)
Cat 5	M/T/W/F 6:45-9:00 am Th 7:00-9:00am (DC)** Evening M/T/Th 5:00-7:00pm (includes drylands) Sat 8:00-11:00 (includes drylands)
Seniors	M/T/W/F 6:45-9:00 am Th 7:00-9:00am (DC)** Evening M/T/Th 5:00-7:00pm (includes drylands) Sat 8:00-11:00am (includes drylands)
Masters	M/W/F 6:00-7:00am Sat 8:00-9:00am

Swimmers should arrive 5-10 minutes early to set up gear and begin dynamic warm-ups.

Note: Dryland times will vary based on the coach's practice plans and swimmers should carry sneakers and mats/towels each day.

** DC indicates practices at Double Churches Pool. Cat 4/5/Sr Swimmers are asked to commit to volunteering for one or both Tigershark sessions. Tigershark Practices are M-Th 9:30-10:30.

