

Practice Schedule

(Beginning August 19, 2024)

Cyclone	Monday through Thursday		6:30 – 7:45 pm swim	@ Newman
	Tuesday & Thursday		5:50 – 6:20 pm dryland	@ Newman
	Saturday		8:00 – 9:30 am swim	@ UNO
			9:40 – 10:10 am dryland	@ UNO
Tidal Wave	Monday/Wednesday		5:50 – 6:20 pm dryland	@ Newman
	Mon/Wed/Fri		6:30 – 7:30 pm swim	@ Newman
	Saturday		8:00 – 9:30 am swim	@ UNO
Stroke School	Monday	5:45 pm	2 Classes	
		6:30 pm	1 Class	
	Tuesday	5:45 pm	2 Classes	
		6:30 pm	1 Class	
	Wednesday	5:45 pm	2 Class	
		6:30 pm	1 Class	
	Thursday	5:45 pm	2 Classes	
		6:30 pm	1 Class	
	Friday	5:45 pm	1 Class	
		(Advanced Class by Recommendation Only)		

Riptide 1A	Monday/Wednesday	5:30 – 6:30 pm	@ Newman
Riptide 1B	Tuesday/Thursday	5:30 – 6:30 pm	@ Newman
Riptide 2	Tuesday/Thursday	5:30 – 6:30 pm	@ Newman
Whitecaps 1	Monday/Wednesday	5:30 – 6:30 pm	@ Newman
	Friday	5:30 – 6:30	@ Newman
Whitecaps 2	Tuesday/Thursday	6:30 – 7:30 pm	@ Newman
	Friday	5:30 – 6:30	@ Newman
UNO Varsity	Mon/Wed	6:00 – 7:30 pm	@ UNO
	Friday	4:30 – 6:00 pm	@ UNO
	Saturday	8:00 – 9:30 am	@ UNO