

SUMMER 2024 PRACTICE SCHEDULE WILL BEGIN ON JUNE 10TH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR 1	7-8:45am COR Dryland 2:45-3:30 @ Dilworth Crossfit; MCAC 3:30-5	7:30-9:30am MCAC Dryland 9:30-10:15	7-8:45am COR Dryland 2:45-3:30 @ Dilworth Crossfit; MCAC 3:30-5	Dryland 6:45-7:30 7:30-9:30am MCAC	TBD	TBD
SENIOR 2	7-8:30am COR Dryland 3-3:30; 3:30- 5 MCAC	7:30-9:30am MCAC	7-8:15am COR Dryland 3-3:30; 3:30-5 MCAC	7:30-9:30am MCAC	TBD	TBD
PS1	8:15-9:45am COR Dryland 3-3:30; 3:30- 5 MCAC	9:30-11:30am MCAC	8:15-9:45am COR Dryland 3-3:30; 3:30-5 MCAC	9:30-11:30am MCAC	TBD	TBD
PS2	8:15-9:45am COR	Dryland 9-9:30 9:30-11am MCAC	8:15-9:45am COR	Dryland 9-9:30 9:30-11am MCAC	TBD	TBD
BLUE 1	8:45-9:45am COR	8-9:30am MCAC	8:45-9:45am COR	Dryland 7:30am 8-9:30am MCAC	TBD	TBD
BLUE 2	7:30-8:45am MCAC	Dryland 5:15pm 5:45-7pm MCAC	7:30-8:45am MCAC	Dryland 7:30am 8-9:15am MCAC		
BLACK	7:30-8:45am MCAC Dryland 8:45-9am	9:30-10:45am MCAC	7:30-8:45am MCAC Dryland 8:45-9am	9:30-10:30am MCAC		
WHITE	9-10:15am MCAC		9-10:15am MCAC	Dryland 9:15 9:30-10: 30am MCAC		
PURPLE	7:45-8:45am MCAC		7:45-8:45am MCAC	Dryland 7:45am 8-8:45am MCAC		
POOL ADDRESSES						
MCAC	800 E Martin Luther King Jr Blvd					
COR (Cordelia)	2100 N Davidson St					