



CINCINNATI AQUATIC CLUB

TEAM 43 | SHORT COURSE 2025

TENTATIVE SEPTEMBER SCHEDULE

Senior Division | 1st Day September 2nd

Age Group Division | 1st Day September 9th or 10th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLACK 2 <i>Starting September 2nd</i>	5:00 - 7:00 PM @ UC	4:30 - 7:00 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 7:00 PM @ UC	4:30 - 7:00 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 6:30 AM @ CCDS	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:30 AM DL: 8:45 - 9:30 AM
BLACK 1 <i>Starting September 2nd</i>	5:00 - 7:00 PM @ UC	4:30 - 7:00 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 7:00 PM @ UC	4:30 - 7:00 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 6:30 AM @ CCDS	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:30 AM DL: 8:45 - 9:30 AM
SILVER 3 <i>Starting September 9th</i>	5:30 - 7:15 PM @ UC	5:30 - 8:00 PM @ CCDS DL: 5:30 - 6:15 PM W: 6:30 - 8:00 PM	5:30 - 7:15 PM @ UC	5:30 - 8:00 PM @ CCDS DL: 5:30 - 6:15 PM W: 6:30 - 8:00 PM		8:30 - 11:15 AM @ CCDS DL: 8:30 - 9:30 AM W: 9: - 11:15 AM
SILVER 2 <i>Starting September 9th</i>	5:00 - 7:15 PM @ CCDS W: 5:00 - 6:30 PM DL: 6:45 - 7:15 PM	6:00 - 7:30 PM @ XU	5:00 - 7:15 PM @ CCDS W: 5:00 - 6:30 PM DL: 6:45 - 7:15 PM		5:30 - 7:00 PM @ CCDS	9:30 - 11:30 AM @ CCDS DL: 9:30 - 10:00 AM W: 10:00 - 11:30 AM
SILVER 1 <i>Starting September 10th</i>	6:00 - 8:00 PM @ CCDS DL: 6:00 - 6:30 PM W: 6:30 - 8:00 PM		6:00 - 7:45 PM @ CCDS DL: 6:00 - 6:30 PM W: 6:30 - 7:45 PM		5:30 - 7:00 PM @ CCDS	10:45 - 12:30 PM @ CCDS DL: 10:45 - 11:15AM W: 11:15 - 12:30 PM
RED 2 <i>Starting October 6th</i>						
RED 1 <i>Starting October 6th</i>						

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- CAC will utilize CCDS, XU, and/or UC for our practice locations for Silver 1 & above
- No Saturday Practice for Black 1/2 - Week 1 | 9/6
- No Saturday Practice for Silver - Week 1 | 9/13
- CCDS Home Football Games - TBD
- "DL" = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- We will have a slight schedule shift in October 6th for when Red groups begin