



CINCINNATI AQUATIC CLUB

TEAM 42 | TENTATIVE APRIL & MAY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLACK 2			5:00 - 6:30 AM @ CCDS <i>Starting April 23rd</i>			6:30 - 9:30 AM @ CCDS W: 6:30 - 8:30 AM DL: 8:45 - 9:30 AM
	5:00 - 7:00 PM @ UC	4:15 - 7:00 PM @ CCDS W: 4:15 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 7:00 PM @ UC	4:15 - 7:00 PM @ CCDS W: 4:15 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 6:30 PM @ XU	
BLACK 1	5:00 - 7:00 PM @ UC	4:15 - 7:00 PM @ CCDS W: 4:15 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 7:00 PM @ UC	4:15 - 7:00 PM @ CCDS W: 4:15 - 6:00 PM DL: 6:15 - 7:00 PM	5:00 - 6:30 PM @ XU	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:30 AM DL: 8:45 - 9:30 AM
SILVER 3	5:30 - 7:15 PM @ UC	5:30 - 7:45 PM @ CCDS DL: 5:30 - 6:15 PM W: 6:15 - 7:45	5:30 - 7:15 PM @ UC	5:30 - 7:45 PM @ CCDS DL: 5:30 - 6:15 PM W: 6:15 - 7:45		8:45 - 11:15 AM @ CCDS DL: 8:45 - 9:30 AM W: 9:45 - 11:30 AM
SILVER 2	6:00 - 8:00 PM @ CCDS DL: 6:00 - 6:30 PM W: 6:30 - 8:00 PM	6:00 - 7:30 PM @ XU	6:00 - 7:30 PM @ XU	6:00 - 7:30 PM @ XU		9:30 - 11:30 AM @ CCDS DL: 9:30 - 10:00 AM W: 10:00 - 11:30 AM
SILVER 1	6:00 - 7:30 PM @ XU		5:45 - 7:30 PM @ CCDS DL: 5:45 - 6:15 PM W: 6:15 - 7:30 PM		5:30 - 7:00 PM @ CCDS	10:45 - 12:30 PM @ CCDS DL: 10:45 - 11:15 AM W: 11:15 - 12:30 PM
RED 2	5:00 - 6:15 PM @ CCDS DL: 5:00 - 5:15 PM W: 5:15 - 6:15 PM		5:00 - 6:15 PM @ CCDS DL: 5:00 - 5:15 PM W: 5:15 - 6:15 PM			8:30 - 9:45 AM @ CCDS
RED 1	5:00 - 6:00 PM @ CCDS DL: 5:00 - 5:15 PM W: 5:15 - 6:00 PM		5:00 - 6:00 PM @ CCDS DL: 5:00 - 5:15 PM W: 5:15 - 6:00 PM			8:30 - 9:30 AM @ CCDS

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- No Saturday Practice for ALL Groups - Week 1 | 4/12 (Coaches Training)
- No XU | Friday, 4/25 & Friday, 5/2 due to Lacrosse & Baseball Games. Friday practices at XU will be at CCDS 4-5:30pm.
- "DL" = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- We will begin our Summer Practice Schedule on Tuesday, June 3rd.
- Summer practice schedule will be sent out no later than May 1st.