



# CINCINNATI AQUATIC CLUB

TEAM 41 | SPRING 2024

## April - May Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SENIOR PERFORMANCE</b>	5:00 - 7:00 PM @ UC	4:00 - 6:45 PM @ CCDS W: 4:00 - 5:45 PM DL: 6:00 - 6:45 PM	5:00 - 6:30 AM @ CCDS <b>Begins May 8th</b>	4:00 - 6:45 PM @ CCDS W: 4:00 - 5:45 PM DL: 6:00 - 6:45 PM		8:00 - 10:00 AM @ UC
			5:00 - 7:00 PM @ UC		5:30 - 7:30 PM @ XU	
<b>SENIOR PREP</b>	5:00 - 7:00 PM @ UC	4:00 - 6:45 PM @ CCDS W: 4:00 - 5:45 PM DL: 6:00 - 6:45 PM	5:00 - 6:30 AM @ CCDS <b>Begins May 8th</b>	4:00 - 6:45 PM @ CCDS W: 4:00 - 5:45 PM DL: 6:00 - 6:45 PM		8:00 - 10:00 AM @ UC
			5:00 - 7:00 PM @ UC		5:30 - 7:30 PM @ XU	
<b>BLACK HAWK</b>	5:00 - 6:45 PM @ UC	5:15 - 7:45 PM @ CCDS DL: 5:15 - 6:00 PM W: 6:15 - 7:45 PM	5:00 - 6:45 PM @ UC	5:15 - 7:45 PM @ CCDS DL: 5:15 - 6:00 PM W: 6:15 - 7:45 PM		8:00 - 10:00 AM @ UC
<b>SILVER HAWK</b>	4:30 - 6:30 PM @ CCDS W: 4:30 - 6:00 PM DL: 6:00 - 6:30 PM	5:30 - 7:00 PM @ XU		5:45 - 7:45 PM @ CCDS DL: 5:45 - 6:15 PM W: 6:15 - 7:45 PM	4:30 - 6:00 PM @ CCDS	8:00 - 10:00 AM @ CCDS DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
<b>RED HAWK</b>	5:30 - 7:30 PM @ CCDS DL: 5:30 - 6:00 PM W: 6:00 - 7:30 PM	6:30 - 8:00 PM @ XU	5:30 - 7:30 PM @ CCDS DL: 5:30 - 6:00 PM W: 6:00 - 7:30 PM		4:30 - 6:00 PM @ CCDS	8:00 - 10:00 AM @ CCDS DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
<b>BRAVO</b>	6:00 - 7:15 PM @ XU		5:00 - 6:15 PM @ CCDS		5:30 - 7:15 PM @ CCDS DL: 5:30 - 6:00 PM W: 6:00 - 7:15 PM	10:15 - 12:00 PM @ CCDS DL: 10:15 - 10:45 AM W: 10:45 - 12:00 PM
<b>ALPHA</b>		5:30 - 6:30 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:30 PM		5:30 - 6:30 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:30 PM		9:45 - 10:45 AM @ CCDS DL: 9:45-10:00 AM W: 10:00-10:45 AM

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- No Practice: Saturday 4/13 & Saturday 4/20
- XU Home Baseball Games: April 12, 23, 26 & May 7, 14, 17. Alternate practice changes will be communicated by lead coach.
- DL = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- Summer Schedule will be sent out by May 1st. We will utilize UC, IHC, & CCDS.
- We will be off Monday, June 3rd (after CAC Summer Classic) and will begin summer schedule on Tuesday, 6/4.