



CINCINNATI AQUATIC CLUB

TEAM 43 | SHORT COURSE 2025

WINTER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLACK 2			5:00 - 6:30 AM @ CCDS		5:00 - 6:30 AM @ CCDS	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:30 AM DL: 8:45 - 9:30 AM
	5:00 - 7:00 PM @ UC	5:15 - 7:45 PM @ CCDS W: 5:15 - 6:45 PM DL: 7:00 - 7:45 PM	5:00 - 7:00 PM @ UC	5:15 - 7:45 PM @ CCDS W: 5:15 - 6:45 PM DL: 7:00 - 7:45 PM		
BLACK 1	5:00 - 7:00 PM @ UC	5:15 - 7:45 PM @ CCDS W: 5:15 - 6:45 PM DL: 7:00 - 7:45 PM	5:00 - 7:00 PM @ UC	5:15 - 7:45 PM @ CCDS W: 5:15 - 6:45 PM DL: 7:00 - 7:45 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	5:30 - 7:15 PM @ UC	6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM	5:30 - 7:15 PM @ UC	6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM		8:30 - 11:15 AM @ CCDS DL: 8:30 - 9:30 AM W: 9:30 - 11:15 AM
SILVER 2	6:15 - 8:15 PM @ CCDS DL: 6:15 - 6:45 PM W: 6:45 - 8:15 PM	6:00 - 7:30 PM @ XU		6:00 - 7:30 PM @ XU	5:00 - 7:00 PM @ CCDS DL: 5:00 - 5:30 PM W: 5:30 - 7:00 PM	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		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 - 11:15 AM W: 11:15 - 12:30 PM
RED 2	5:30 - 6:45 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:45 PM		5:30 - 6:45 PM @ CCDS DL: 5:30 - 5:45 PM W: 5:45 - 6:45 PM			8:30 - 9:45 AM @ CCDS
RED 1	5:15 - 6:15 PM @ CCDS DL: 5:15 - 5:30 PM W: 5:30 - 6:15 PM		5:15 - 6:15 PM @ CCDS DL: 5:15 - 5:30 PM W: 5:30 - 6:15 PM			8:30 - 9:30 AM @ CCDS

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- CCDS will have meets beginning at the end of November. Once we receive the meet schedule we will communicate any practice adjustments