



CINCINNATI AQUATIC CLUB

TEAM 41 | SHORT COURSE 2023-2024

WINTER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SENIOR PERFORMANCE	5:30 - 7:30 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	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 - 8:15 AM DL: 8:30 - 9:30 AM
			5:30 - 7:30 PM @ UC			
SENIOR PREP	5:30 - 7:30 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	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 - 8:15 AM DL: 8:30 - 9:30 AM
			5:30 - 7:30 PM @ UC			
BLACK HAWK	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	5:30 - 7:00 PM @ CCDS	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:15 AM DL: 8:30 - 9:30 AM
SILVER HAWK	5:00 - 7:00 PM @ CCDS DL: 5:00 - 5:30 PM W: 5:30 - 7:00 PM	5:30 - 7:15 PM @ UC Flex: 5:30 - 5:45 PM W: 5:45 - 7:15 PM		6:30 - 8:30 PM @ CCDS DL: 6:30 - 7:00 PM W: 7:00 - 8:30 PM	5:30 - 7:00 PM @ CCDS	8:00 - 10:00 AM @ CCDS DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
RED HAWK	6:00 - 8:00 PM @ CCDS DL: 6:00 - 6:30 PM W: 6:30 - 8:00 PM	5:30 - 7:15 PM @ UC Flex: 5:30 - 5:45 PM W: 5:45 - 7:15 PM	6:00 - 8:00 PM @ CCDS DL: 6:00 - 6:30 PM W: 6:30 - 8:00 PM		6:30 - 8:30 PM @ CCDS GAME: 6:30 - 7:00 PM W: 7:00 - 8:30 PM	8:00 - 10:00 AM @ CCDS DL: 8:00 - 8:30 AM W: 8:30 - 10:00 AM
BRAVO	6:00 - 7:30 PM @ XU DL: 6:00 - 6:15 PM W: 6:15 - 7:30 PM		5:00 - 6:45 PM @ CCDS DL: 5:00 - 5:30 PM W: 5:30 - 6:45 PM	6:00 - 7:30 PM @ XU		10:15 - 12:00 PM @ CCDS DL: 10:15 - 10:45 AM W: 10:45 - 12:00 PM
ALPHA Starting October 2nd		6:00 - 7:00 PM @ CCDS DL: 6:00 - 6:15 PM W: 6:15 - 7:00 PM		6:00 - 7:00 PM @ CCDS DL: 6:00 - 6:15 PM W: 6:15 - 7:00 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.
- Confirmed CCDS HS/MS Meet Days: 11/27, 11/28, 12/6, 12/7, 12/11, 12/13, 1/8, 1/9, 1/10, 1/17, 1/22, 1/25 - practice times will be adjusted these days.
- Location Update | XU = Xavier University
- DL = any group strength, dryland, flexibility, or on-land instruction led by the lead coach or a CFF trainer.
- Times will shift beginning October 30th for high school season.