



CINCINNATI AQUATIC CLUB

TEAM 41 | SHORT COURSE 2023-2024

SEPTEMBER SCHEDULE

Senior Prep, Performance, Black Hawk | 1st Day September 5th

Silver Hawk, Red Hawk, Bravo | 1st Day September 11th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SENIOR PERFORMANCE	5:30 - 7:30 PM @ UC	4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM	5:30 - 7:30 PM @ UC	4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 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
SENIOR PREP	5:30 - 7:30 PM @ UC	4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 PM	5:30 - 7:30 PM @ UC	4:15 - 6:45 PM @ CCDS W: 4:15 - 5:45 PM DL: 6:00 - 6:45 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
BLACK HAWK	5:30 - 7:15 PM @ UC	6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7 - 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	4:15 - 5:45 PM @ CCDS	6:30 - 9:30 AM @ CCDS W: 6:30 - 8:15 AM DL: 8:30 - 9:30 AM
SILVER HAWK	4:30 - 6:45 PM @ CCDS W: 4:30-6:00 PM DL: 6:15-6:45 PM	5:30 - 7:15 PM @ UC DL: 5:30 - 5:45 PM W: 5:45 - 7:15 PM		6:00 - 8:30 PM @ CCDS DL: 6:00 - 6:45 PM W: 7:00 - 8:30 PM	4:15 - 5:45 PM @ CCDS	7:45 - 10:00 AM @ CCDS DL: 7:45 - 8:15 AM W: 8:30 - 10:00 AM
RED HAWK	6:15 - 8:15 PM @ CCDS DL: 6:15- 6:45 PM W: 6:45 - 8:15 PM	5:30 - 7:15 PM @ UC DL: 5:30 - 5:45 PM W: 5:45 - 7:15 PM	6:15 - 8:15 PM @ CCDS DL: 6:15- 6:45 PM W: 6:45 - 8:15 PM		5:15 - 7:15 PM @ CCDS GAME: 5:15 - 5:45 PM W: 5:45 - 7:15 PM	7:45 - 10:00 AM @ CCDS DL: 7:45 - 8:15 AM W: 8:30 - 10:00 AM
BRAVO	5:15 - 7:00 PM @CCDS DL: 5:15 - 5:45 PM W: 5:45 - 7:00 PM		5:15 - 6:45 PM @ CCDS	5:15 - 7:00 PM @ CCDS DL: 5:15 - 5:45 PM W: 5:45 - 7:00 PM		9:30 - 11:15 AM @ CCDS DL: 9:30 - 10:00 AM W: 10:00 - 11:15 AM
ALPHA <i>Starting October 2nd</i>						

- The schedule is **tentative**. Coaches may make necessary changes to best fit each group.
- No Saturday Practice for Senior Performance/Prep/Black - Week 1 | 9/9
- No Saturday Practice for Red, Silver, Bravo - Week 1 | 9/16
- CCDS Home Football Games - 9/8, 9/22, 10/6, 10/20, 10/27 practices will be adjusted.
- "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 2nd for when Alpha begins.