



CINCINNATI AQUATIC CLUB

TEAM 40 | Short Course 2022-2023

OCTOBER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALPHA <i>Starting October 3</i>	5:45 PM - 6:45 PM @ CCDS		5:45 PM - 6:45 PM @ CCDS			8:15 AM - 9:30 AM @ CCDS DL: 8:15 AM - 8:30 AM W: 8:30 AM - 9:30 AM
BRAVO		5:15 PM - 7:00 PM @ CCDS DL: 5:15 PM - 5:45 PM W: 5:45 PM - 7:00 PM		5:15 PM - 7:00 PM @ CCDS DL: 5:15 PM - 5:45 PM W: 5:45 PM - 7:00 PM	6:30 PM - 8:30 PM @ CCDS DL: 6:45 PM - 7:00 PM W: 7:00 PM - 8:30 PM	12:30 PM - 2:15 PM @ CCDS DL: 12:30 PM - 1:00 PM W: 1:00 PM - 2:15 PM
RED	5:00 PM - 6:30 PM @ UC	6:30 PM - 8:30 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:30 PM		6:30 PM - 8:30 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:30 PM	5:00 PM - 7:00 PM @ CCDS GAME: 5:00 PM - 5:30 PM W: 5:30 PM - 7:00 PM	11:00 AM - 1:00 PM @ CCDS DL: 11:00 AM - 11:30 AM W: 11:30 AM - 1:00 PM
SILVER	6:15 PM - 8:15 PM @ CCDS DL: 6:15 PM - 6:45 PM W: 6:45 PM - 8:15 PM		6:15 PM - 8:15 PM @ CCDS DL: 6:15 PM - 6:45 PM W: 6:45 PM - 8:15 PM	5:30 PM - 7:00 PM @ UC	5:00 PM - 7:00 PM @ CCDS GAME: 5:00 PM - 5:30 PM W: 5:30 PM - 7:00 PM	9:00 AM - 11:00 AM @ CCDS DL: 9:00 AM - 9:30 AM W: 9:30 AM - 11:00 AM
BLACK	4:00 PM - 6:30 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:30 PM	5:30 PM - 7:00 PM @ UC	4:00 PM - 6:30 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:30 PM	5:30 PM - 7:00 PM @ UC	4:00 PM - 5:30 PM @ CCDS W: 4:00 PM - 5:30 PM	8:30 AM - 11:15 AM @ CCDS DL: 8:30 AM - 9:30 AM W: 9:30 - 11:15 AM
SENIOR PREP	4:00 PM - 6:30 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:30 PM	5:30 PM - 7:00 PM @ UC	4:00 PM - 6:15 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:15 PM	5:30 PM - 7:00 PM @ UC	5:00 AM - 6:30 AM @ CCDS	6:45 AM - 9:30 AM @ CCDS W: 6:45 AM - 8:30 AM DL: 8:30 AM - 9:30 AM
SENIOR PERFORMANCE			5:00 AM - 6:30 AM @ CCDS Beginning October 12th		5:00 AM - 6:30 AM @ CCDS	6:45 AM - 9:30 AM @ CCDS W: 6:45 AM - 8:30 AM DL: 8:30 AM - 9:30 AM
	4:30 PM - 6:30 PM @ UC	4:00 PM - 6:30 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:30 PM	4:30 PM - 6:30 PM @ UC	4:00 PM - 6:30 PM @ CCDS W: 4:00 PM - 5:45 PM DL: 5:45 PM - 6:30 PM		

- Adjusted schedule on Thursday 10/13, Friday 10/14, Friday 10/28, Monday 10/31 (Happy Halloween!)
- Team social at Niederman Farm on Saturday 10/22.
- 'DL' includes any group-specific dryland, weights, flexibility, or on-land instruction led by the lead coach or CFF staff.
- Times will shift when the high school swim season begins in early November.