



# CINCINNATI AQUATIC CLUB

TEAM 40 | Short Course 2022-2023

## WINTER SCHEDULE

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ALPHA <i>Starting October 3</i>	5:30 PM - 6:30 PM @ CCDS		5:30 PM - 6:30 PM @ CCDS			8:15 AM - 9:30 AM @ CCDS
BRAVO 1		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	5:15 PM - 7:00 PM @ CCDS DL: 5:15 PM - 5:45 PM W: 5:45 PM - 7:00 PM	12:30 PM - 2:15 PM @ CCDS DL: 12:30 PM - 12:45 PM W: 12:45 PM - 2:15 PM
BRAVO 2		6:30 PM - 8:15 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:15 PM		6:30 PM - 8:15 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:15 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	6:30 PM - 8:30 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:30 PM	11:00 AM - 1:00 PM @ CCDS DL: 11:00 AM - 11:30 AM W: 11:30 AM - 1:00 PM
SILVER	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	5:30 PM - 7:00 PM @ UC	6:30 PM - 8:30 PM @ CCDS DL: 6:30 PM - 7:00 PM W: 7:00 PM - 8:30 PM	9:00 AM - 11:00 AM @ CCDS DL: 9:00 AM - 9:30 AM W: 9:30 AM - 11:00 AM
BLACK	5:30 PM - 8:00 PM @ CCDS DL: 5:30 PM - 6:15 PM W: 6:30 PM - 8:00 PM	5:30 PM - 7:00 PM @ UC	5:30 PM - 8:00 PM @ CCDS DL: 5:30 PM - 6:15 PM W: 6:30 PM - 8:00 PM	5:30 PM - 7:00 PM @ UC	5:15 PM - 7:00 PM @ CCDS	8:30 AM - 11:15 AM @ CCDS DL: 8:30 AM - 9:30 AM W: 9:30 - 11:15 AM
SENIOR PREP					5:00 AM - 6:30 AM @ CCDS	6:30 AM - 9:30 AM @ CCDS W: 6:30 AM - 8:30 AM DL: 8:30 AM - 9:30 AM
	5:30 PM - 8:00 PM @ CCDS DL: 5:30 PM - 6:15 PM W: 6:30 PM - 8:00 PM	5:30 PM - 7:00 PM @ UC	5:30 PM - 8:00 PM @ CCDS DL: 5:30 PM - 6:15 PM W: 6:30 PM - 8:00 PM	5:30 PM - 7:00 PM @ UC		
SENIOR PERFORMANCE			5:00 AM - 6:30 AM @ CCDS		5:00 AM - 6:30 AM @ CCDS	6:30 AM - 9:30 AM @ CCDS W: 6:30 AM - 8:30 AM DL: 8:30 AM - 9:30 AM
	4:30 PM - 6:30 PM @ UC	*5:10 PM - 7:30 PM @ CCDS W: 5:10 PM - 6:40 PM DL: 6:45 PM - 7:30 PM	4:30 PM - 6:30 PM @ UC	*5:10 PM - 7:30 PM @ CCDS W: 5:10 PM - 6:40 PM DL: 6:45 PM - 7:30 PM		

*Schedule runs November 1 thru February 19*

# LGH!

- Senior Performance will start between 5:00 pm and 5:20 pm on Tuesday and Thursday. Detailed schedule will be communicated to the group.
- Adjusted schedule on meet weekends, holidays, and on CCDS meet days (11/29, 12/7, 12/8, 12/13, 12/15, 12/19, 1/10, 1/12, 1/18, 1/26).
- UC parking garages are cash only on nights of basketball games (11/7, 11/10, 11/30, 12/14, 1/11, 2/1, 2/22).
- CCDS start times will shift earlier after Regionals in February.
- The team is still pursuing convenient pool space and time to alleviate our busiest days. Sundays at CCDS are also an option for makeups.