



## NCAP Burke Summer Training Schedule 2024 June 13 - July 26

Burke Pool Indoors	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
5:00 - 8:00 AM		Silver/Gold III		Silver/Gold III		Silver/Gold III
		Dryland + Swim		Dryland + Swim		6:00 - 9:00 AM
						Dryland + Swim
3:00 - 5:00 PM		Gold I	Gold I	Gold I		
5:00-6:00 PM		Bronze Catch All		Bronze Catch All		

Commons Pool LCM	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4:50 - 6:30 AM	Silver/Gold III		Silver/Gold III		Silver/Gold III	Gold I
	Dryland + Swim		Dryland + Swim		Dryland + Swim	6:30 - 9:00 AM
6:30 - 8:30 AM	Gold I/II	Gold I/II	Gold I/II	Gold I/II	Gold I/II	
8:30 - 10:00 AM	Bronze I/II	All Bronze	Bronze I/II	All Bronze		