

CCA Marlins 2025 Long Course Practice Schedule

updated 05/22/2025

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Groups	6:00-7:30am (Fallon)	7:30-9:00am (Fallon)	OFF	7:30-9:00am (Fallon)	6:00-7:30am (Fallon)	6:00-7:45am 8:00-9:00am* (@N2X)
	OFF	4:30-5:45pm 6:00-7:00pm*	4:30-6:00pm	4:30-5:45pm 6:00-7:00pm*	OFF	OFF
AGG	6:00-7:30am (Fallon)	OFF	OFF	7:30-9:00am (Fallon)	6:00-7:30am (Fallon)	8:00-9:45am 9:45-10:30am*
	OFF	5:00-5:45pm* 5:45-7:00pm	6:00-7:00pm	5:00-5:45pm* 5:45-7:00pm	OFF	OFF
AGS	6:30-7:30am (Fallon)	3:30-4:30pm 4:30-5:00pm*	3:30-4:30pm	3:30-4:30pm 4:30-5:00pm*	6:30-7:30am (Fallon)	OFF
AGB	OFF	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	6:30-7:30am (Fallon)	OFF
MM	OFF	3:45-4:30pm	OFF	3:45-4:30pm	OFF	OFF
JAG	OFF	3:30-4:30pm	3:30-4:30pm	3:30-4:30pm	OFF	OFF

Monday-Friday AM practices (Blue) will be held at Fallon Park Pool. Practices that are in yellow will be held at the Carter Center

*Indicates Dryland Practice; Swimmers need to bring sneakers & workout clothes to practice on these days