

H2okie Aquatics Practice Schedule 2024-2025 Season				
Color Key	Christiansburg Aquatic Center (CAC)	Blacksburg Aquatic Center (BAC)	War Memorial Pool (VT)	PEAK S&C (PEAK)

Stroke School

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SS3 (CAC)	Off	6:00PM - 7:00 PM @ CAC	Off	6:00PM - 7:00 PM @ CAC	Off	Off
SS2 (CAC)	Off	6:00PM - 7:00 PM @ CAC	Off	6:00PM - 7:00 PM @ CAC	Off	Off
SS1 (CAC)	6:10 PM - 6:55 PM @ CAC	5:45 PM - 6:30 PM @ CAC	6:10 PM - 6:55 PM @ CAC	5:45 PM - 6:30 PM @ CAC	Off	Off
MIDDLE/HS-PREP (CAC)	Off	6:30 PM - 7:30 PM @ CAC	Off	6:30 PM - 7:30 PM @ CAC	Off	Off

SS3 (BAC)	4:15 PM - 5:15 PM @ BAC	Off		4:15 PM - 5:15 PM @ BAC	Off		Off	Off
SS2 (BAC)	5:00 PM - 6:00 PM @ BAC	5:00 PM - 6:00 PM @ BAC		5:00 PM - 6:00 PM @ BAC	5:00 PM - 6:00 PM @ BAC		Off	Off
SS1 (BAC)	5:15 PM - 6:00 PM @ BAC	TBD	5:00 PM - 5:45 PM @ BAC	5:15 PM - 6:00 PM @ BAC	TBD	5:00 PM - 5:45 PM @ BAC	Off	Off
SENIOR-PREP (BAC)	4:00 PM - 5:00 PM @ BAC	Off		4:00 PM - 5:00 PM @ BAC	Off		Off	Off
MIDDLE-PREP (BAC)	4:00 PM - 5:00 PM @ BAC	Off		4:00 PM - 5:00 PM @ BAC	Off		Off	Off
AG1 (BAC)	Off	5:00 PM - 6:15 PM @ BAC		Off	5:00 PM - 6:15 PM @ BAC		Off	10:30 AM-12:00 PM @ CAC

Age Group									
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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AG3 (CAC)	PEAK: 4:55-5:55pm		PEAK: 4:55-5:55pm			
	6:10 PM-7:40 PM @ CAC	4:30 PM-6:00 PM @ CAC	6:10 PM-7:40 PM @ CAC	4:30 PM-6:00 PM @ CAC	Off	10:00 AM - 12:00 PM @ CAC
AG2 (CAC)	6:10 PM-7:40 PM @ CAC	6:10 PM-7:40 PM @ CAC	6:10 PM-7:40 PM @ CAC	6:10 PM-7:40 PM @ CAC	Off	10:30 AM-12:00 PM @ CAC
AG1 (CAC)	6:10 PM-7:40 PM @ CAC	Off	6:10 PM-7:40 PM @ CAC	Off	Off	10:30 AM-12:00 PM @ CAC

[illegible]

Group	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
		PEAK: SR 2 3:30-4:15PM SR1: 6:15-7:15PM			PEAK: SR1: 6:15-7:15PM	PEAK: SR 2 3:30-4:30	
SR2 (CAC)	5:30-7 AM & 3:30-5 PM @ WAR	5:30-7 AM @ WAR	4:30 PM-6:00 PM @ CAC	5:30-7 AM & 3:30-5 PM @ WAR	4:30 PM-6:00 PM @ CAC	5:30AM-7:00 AM @ WAR	10:00 AM - 12:00 PM @ CAC
SR1 (CAC)	5:30-7 AM or 3:30-5 PM @ WAR	4:30 PM-6:00 PM @ CAC		5:30-7 AM or 3:30-5 PM @ WAR	4:30 PM-6:00 PM @ CAC	5:30AM-7:00AM @ WAR	10:00 AM - 12:00 PM @ CAC

* Please Note there is a Sunday Stroke School Make-up Practice at the CAC 1:00-2:00pm.