



CINCINNATI AQUATIC CLUB

PRACTICE SCHEDULE 2008-2009

SHORT COURSE SEASON

Valid September 9 through November 6 (pre High School Season)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Hawks I <small>Stepping Stones</small>	Practice Time	Off	6:30-7:00 PM	Off	6:30-7:00 PM	Off	Off
Hawks II <small>Stepping Stones</small>	Practice Time	Off	7:00-7:45 PM	Off	7:00-7:45 PM	Off	Off

Age Group 1	Practice Time	Off	6:40-7:45 PM <small>Stepping Stones</small>	Off	6:40-7:45 PM <small>Stepping Stones</small>	Off	12:10-1:15 <small>Country Day</small>
Age Group 2	Practice Time	Off	6:30-8:15 PM	Off	5:15-7:00 PM	5:15-7:30 PM	11:10-1:00
Age Group 3	Practice Time	Off	6:30-8:30 PM	Off	6:30-8:30 PM	5:15-7:30 PM	10:30-12:30

Transition 1	<i>AM Time</i> <i>PM Time</i>	4:15-6:45	5:00-7:00	4:00-6:30	Off	3:45-5:30	9:15-11:30
Transition 2	<i>AM Time</i> <i>PM Time</i>	4:15-6:45	5:00-7:00	4:00-6:30	5:10-7:00 5:15-7:45 <small>AM start date TBA</small>	3:45-5:45	8:30-11:30

Senior 1 & 2	<i>AM</i> <i>PM Time</i>	4:50-6:30 5:30-8:15	off 3:45-6:30	4:50-6:30 5:00-8:00	*5:10-7:00 3:45-7:00 <small>*Optional w/T2</small>	4:50-6:30 <i>Run on own</i>	6:40-10:40
National	<i>AM</i> <i>PM Time</i>	4:50-6:30 5:30-8:15	off 3:45-6:30	4:50-6:30 5:00-8:00	*5:10-6:40 3:45-7:00 <small>*every other week film study</small>	4:50-6:30 <i>Run on own</i>	6:40-10:40

Friday AM Practices begin September 12th
 Monday, Wednesday AM Practices begin October 13th
 Thursday AM National Group Practices begin October 16th

See other Schedule forms for more detailed information on groups and the breakdown of their practice times.

THIS SCHEDULE IS SUBJECT TO CHANGE.

Every effort has been made to provide the most advantageous training opportunity for each group and athlete. As issues arise, or opportunities become available, further modification of this schedule may be necessary.