

New South Swimming

Mecklenburg County Aquatic Center Training Groups Short Course Training Schedule

(ALL Practices at MCAC unless otherwise noted)

Practice Group	Day	Time
Bronze Group	Monday	4:00-5:00
	Thursday	4:30-5:30
	Friday	4:00-5:00
Silver Group	Monday	6:15-7:45
	Tuesday	5:45-7:30 at Charlotte Christian
	Thursday	6:00-7:30
	Saturday	10:30-12:00
Gold Group	Monday	6:15-8:00
	Tuesday	6:15-8:00
	Wednesday	6:00-7:45
	Thursday	4:30-6:00
	Saturday	9:15-11:00
Pre Senior I (dryland TBD)	Monday	4:15-6:15
	Tuesday	4:15-6:15
	Wednesday	4:15-6:15
	Thursday	6:15-8:00
	Friday	4:15-6:00
	Saturday	8:00-10:30

Practice Group	Day	Time
Pre Senior II	Tuesday	6:15-8:00
	Wednesday	6:15-8:00
	Friday	5:15-6:45
	Saturday	10:30-12:15
Senior	Monday	Dryland 3:30-4:15; 4:15-6:15
	Tuesday	4:15-6:15
	Wednesday	Dryland 3:30-4:15; 4:15-6:30
	Thursday	3:45-6:00
	Friday	3:30-5:45
	Saturday	8:00-10:30 + dryland 10:30-11:15