

New South Swimming
Summer Training Schedule (Begins June 11)

Practice Group	Day	Time	Location
Bronze Group	Monday	10:00-11:00	MCAC
	Wednesday	9:30-10:30	Cordelia
	Friday	10:30-11:30	MCAC
Silver Group Gold Group Pre II Group	Monday	9:00-10:30	Cordelia
	Tuesday	8:30-10:15	Cordelia
	Wednesday	9:00-10:45	Cordelia
	Thursday	8:30-10:15	Cordelia
	Friday	9:00-10:45	MCAC
Pre I Group Senior	Monday	7:00-9:30 2:45-4:30	Cordelia MCAC
	Tuesday	5:30-7:45 am + 30 minutes weights 2:45-4:30	MCAC MCAC
	Wednesday	7:00-9:30 4:00-5:45	Cordelia MCAC
	Thursday	7:45-10:00 + 30 minutes weights	MCAC
	Friday	7:00-9:30 2:45-4:30	Cordelia MCAC
	Saturday	8:00-10:30 + 30 minutes weights	MCAC