

## ACE AQUATIC CLUB 2022-23 REGULAR SEASON TRAINING SCHEDULE

*revised 1/1/2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HIGH PERFORMANCE AM</b>	4:50 - 6:50AM	4:50 - 6:50AM	4:50 - 6:50AM	4:50 - 6:50AM	4:25 - 6:25PM	8:00 - 11:00AM
	6:30 - 7:15PM DL	6:30 - 7:15PM DL				
<b>HIGH PERFORMANCE PM</b>	4:25 - 6:25PM	4:25 - 6:25PM	4:25 - 6:25PM	4:25 - 6:25PM	4:25 - 6:25PM	8:00 - 11:00AM
	6:30 - 7:15PM DL		6:30 - 7:15PM DL			
<b>PLATINUM</b>	6:25 - 8:10PM	5:50 - 8:10PM	6:25 - 8:10PM	5:50 - 8:10PM	OFF	9:20 - 11:45AM
<b>GOLD</b>	5:30 - 7:00PM SWIM	5:30 - 7:00PM SWIM	5:30 - 7:00PM SWIM	5:30 - 7:00PM SWIM	OFF	9:20 - 11:30AM
	5:00 - 5:20PM ELEM DL	5:00 - 5:20PM ELEM DL	5:00 - 5:20PM ELEM DL	5:00 - 5:20PM ELEM DL		includes DL first
	7:10 - 7:30PM MS/HS DL	7:10 - 7:30PM MS/HS DL	7:10 - 7:30PM MS/HS DL	7:10 - 7:30PM MS/HS DL		
<b>SILVER</b>	5:30 - 6:45PM SWIM	5:30 - 6:45PM SWIM	5:30 - 6:45PM SWIM	5:30 - 6:45PM SWIM	OFF	9:20 - 11:00AM
	5:00 - 5:20PM DL	5:00 - 5:20PM DL	5:00 - 5:20PM DL	5:00 - 5:20PM DL		includes DL first
<b>BRONZE</b>	5:30 - 6:30PM SW	5:30 - 6:30PM SW	5:30 - 6:30PM SW	5:30 - 6:30PM SW	OFF	9:20 - 11:00AM
	5:00 - 5:20PM DL	5:00 - 5:20PM DL	5:00 - 5:20PM DL	5:00 - 5:20PM DL		includes DL first