



Practice Schedule for School Year 2019-2020

August 19, 2019 - May 22, 2020



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	5:00pm-5:45pm	5:00pm-5:45pm	5:00pm-5:45pm	5:00pm-5:45pm	OFF	OFF
Silver	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm	OFF
Gold	6:45pm-8:15pm	6:45pm-8:15pm**	5:45pm-7:15pm	6:45pm-8:15pm**	5:45pm-7:15pm	***OFF***
Senior 1	5:00pm-7:00pm**	5:00pm-7:00pm	3:00pm-5:00pm**	5:00pm-7:00pm	5:00pm-7:00pm**	7:00am-9:00am
Senior 2	5:30am-7:00am	3:00pm-5:00pm	5:30am-7:00am**	3:00pm-5:00pm	5:30am-7:00am	7:00am-9:00am
	3:00pm-5:00pm**				3:00pm-5:00pm**	
Swim Fit 1	5:45-6:30pm M/W	5:45-6:30pm T/Th	5:45-6:30pm M/W	5:45-6:30pm T/Th	OFF	OFF
Swim Fit 2	*Swim Fit 2 program will begin again late spring/early summer 2020*					

Please be certain to read all NTC Aquatics Team Updates. Schedules will change for meets and holidays.

** Gold Group Dryland - Tuesday and Thursday 6:00pm-6:30pm in Human Performance Lab.**

Senior 1 Dryland - Monday and Friday 4:15pm-4:45pm, Wednesday 5:15pm-5:45pm in Human Performance Lab.

Senior 2 Dryland - Monday and Friday 5:15pm-6:15pm, Wednesday 4:00pm-5:00pm in Weight Room.

Some more experienced Gold Group swimmers will be invited to attend Saturday morning Senior Group practice.

SwimFit 1 has two options, either Monday/Wednesday or Tuesday/Thursday. Let the coach know after registration which nights you will attend.

Swim Fit program runs on a session schedule. Session 1 runs Monday, August 19 - Thursday, October 17