NTC Aquatics

Return to Practice Schedule Beginning June 1st

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	11:30am-Noon	11:30am-Noon	11:30am-Noon	11:30am-Noon	11:30am-Noon	OFF
Silver	10:45am-11:25am	10:45am-11:25am	10:45am-11:25am	10:45am-11:25am	10:45am-11:25am	10:45am-11:25am
Gold	9:45am-10:40am	9:45am-10:40am	9:45am-10:40am	9:45am-10:40am	9:45am-10:40am	9:45am-10:40am
Junior	8:35am-9:40am	8:35am-9:40am	8:35am-9:40am	8:35am-9:40am	8:35am-9:40am	8:35am-9:40am
Senior	7:00am-8:30am	7:00am-8:30am	7:00am-8:30am	7:00am-8:30am	7:00am-8:30am	7:00am-8:30am

All swimmers must enter the NTC through the front doors and must complete daily screening process.

Parents will not be able to stay on pool deck during practices due to capacity and distance requirements.

Swimmers should plan to arrive at the NTC at least 20 minutes before scheduled practice to allow time for screening and individual dryland warmup.

Before start of practice swimmers will be assigned a lane and and an end of the pool by the coaching staff. Swimmers must follow distancing guidelines.

No showers or towels will be available for use at the NTC. Swimmers must enter and exit facility promptly and must follow posted procedures.

Swimmers must use their own practice equipment. No community kickboards, pull buoys, or other equipment will be available.

No storage of swim bags and equipment will be available. Swimmers must take equipment home each day.

No lost and found items will be kept so swimmers need to be certain they have all of their equipment with them at the end of each session.