



2021 – 2022 Short-Course Practice Schedule

CAT 1

Monday	3:30 – 4:15PM (A), 7:00 – 7:45PM (B)
Tuesday	
Wednesday	3:30 – 4:15PM (A), 7:00 – 7:45PM (B)
Thursday	3:30 – 4:15PM (A), 7:00 – 7:45PM (B)
Friday	
Saturday	

CAT 2

Monday	3:30 – 4:30PM (A), 6:00 – 7:00PM (B)
Tuesday	
Wednesday	3:30 – 4:30PM (A), 6:00 – 7:00PM (B)
Thursday	3:30 – 4:30PM (A), 6:00 – 7:00PM (B)
Friday	
Saturday	

CAT 3

Monday	6:00 – 7:15PM
Tuesday	6:00 – 7:15PM
Wednesday	6:00 – 7:15PM
Thursday	6:00 – 7:15PM
Friday	
Saturday	10:00 – 11:15AM

CAT 4

Monday	4:45 – 6:00PM
Tuesday	4:45 – 6:00PM
Wednesday	4:45 – 6:00PM
Thursday	4:45 – 6:00PM
Friday	
Saturday	8:00 – 10:00AM

CAT 5

Monday	4:30 – 6:00PM
Tuesday	4:30 – 6:00PM
Wednesday	4:30 – 6:00PM
Thursday	4:30 – 6:00PM
Friday	6:00 – 7:00AM
Saturday	8:00 – 10:00AM

SENIORS

Monday	6:00 – 7:00AM, 4:30 – 7:00PM
Tuesday	4:30 – 7:00PM
Wednesday	6:00 – 7:00AM, 4:30 – 7:00PM
Thursday	4:30 – 7:00PM
Friday	6:00 – 7:00AM
Saturday	8:00 – 11:00AM

MASTERS

Monday	6:00 – 7:00AM
Tuesday	6:00 – 7:00AM (written workout)
Wednesday	6:00 – 7:00AM
Thursday	6:00 – 7:00AM (written workout)
Friday	6:00 – 7:00AM
Saturday	8:00 – 11:00AM (come whenever, written workout)