

# NAC Swimming Spring Clinic 2022 Schedule

*Clinic Runs from Monday, April 18 through Thursday, May 26*

Group	Monday	Tuesday	Wednesday	Thursday	Saturday
Senior	7:00-8:30pm	OFF	4:45-6:15pm	7:15-8:45pm	8:45-10:15am (Track 1 only)
Junior	5:45-7:00pm	7:00-8:15pm	OFF	6:00-7:15pm	8:45-10:15am (Track 1 only)
Age Group 3	6:00-7:00pm	OFF	6:15-7:15pm	OFF	10:15-11:15am (Track 1 only)
Age Group 2	OFF	6:00-7:00pm	OFF	6:15-7:15pm	10:15-11:15am (Track 1 only)
Age Group 1	OFF	5:15-6:00pm	OFF	5:30-6:15pm	12:15-1:00pm (Track 1 only)
Developmental 2	5:15-6:00pm	OFF	6:15-7:00pm	OFF	12:15-1:00pm (Track 1 only)
Developmental 1	OFF	6:15-7:00pm	OFF	OFF	1:00-1:45pm