

NORTHERN KENTUCKY CLIPPERS SWIMMING 2022-2023 Practice Schedule Session 1

Practices include water time. Changes due to weather conditions will be posted on our web site. All swimmers should be ready for practice with required equipment (if any) at least 10 minutes before practices start. **Dry Land (DL) start immediately** **AM = morning practice before school**

Group & Start date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exploring Wk of Aug 29	5:30-6:30 pm	OFF	5:30-6:30 pm	OFF	DL 5:50-6:20pm 6:30-7:30 Other side of bulkhead	OFF
Learning 1 Wk of Aug 29	DL 4:50-5:20pm 5:30-6:30 pm	OFF	DL 4:50-5:20pm 5:30-6:45 pm	OFF	5:15-6:30 pm Other side of bulkhead	10:00 – 11:15 am
Learning 2 Wk of Aug 29	DL 4:50-5:20pm 5:30 - 6:45pm	OFF	DL 4:50-5:20pm 5:30 – 6:45	7:00-8:15pm	6:30-7:45pm	9:30-10:45 am
Dreaming 1 Wk of Aug 29	OFF	DL 5:20-6:50 pm 7:00 - 8:30 pm	6:45 – 8:15 pm	DL 4:50-5:20pm 5:30 – 7:00 pm	6:45-8:15pm	10-11:30 am
Dreaming 2 Wk of Aug 29	6:45-8:15pm	DL 5:20-6:50 pm 7:00-8:30 pm	OFF	DL 4:50-5:20pm 5:30 – 7:00 pm	5:00 – 6:30pm	10-11:30 am
Planning 1 Wk of Aug 29	6:30-8:15 pm	DL 4:30-5:20pm 5:30 - 7:00 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	DL 6:20-7:00 pm 7:00 – 8:30 pm	5:00-6:45pm	8:00-9:45 am DL 9:45-10:40 am
Planning 2 Wk of Aug 29	6:30-8:15 pm	DL 4:30-5:20pm 5:30 - 7:00 pm	<u>AM – 5:10-6:45</u> 3:30-5:30 pm	DL 6:20-7:00 pm 7:00 – 8:30 pm	5:00-6:45pm	8:00-9:45 am DL 9:45-10:40 am
Achieving Wk of Aug 29	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm DL 5:00-6:00 pm	3:30 - 5:30 pm	DL 6:00—7:00 pm 7:00 - 8:30 pm	3:30 - 5:30 pm DL 5:40-6:40 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm DL 5:10-6:10pm	8:00-10:00 am
Performing Wk of Aug 29	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	3:30 - 5:30 pm DL 5:40-6:40 pm	<u>AM – 5:10-6:45</u> 3:30 - 5:30 pm	3:30 - 5:30 pm DL 5:40-6:40pm	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm	DL = 7:00-8:00 am 8:00-10:00 am

- Notes**
1. No practices on Labor Day, Thanksgiving, Christmas, or New Year's Day
 2. Practices are subject to change when the team is away at a meet or for other reasons. Be sure to always check the weekly newsletters for changes.
 3. There will be a separate practice schedule for Holiday Training.
 4. Session 1 ends on December 10.