

NORTHERN KENTUCKY CLIPPERS SWIMMING 2022-2023 Practice Schedule Session 2

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exploring	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	DL 4:50-5:20pm 5:30-6:30 pm	OFF	DL 4:50-5:20pm 5:30-6:45 pm	OFF	6:30-7:45 pm	10:00 – 11:15 am
Learning 2	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	OFF	7:00 - 8:30 pm	6:45 – 8:15 pm	DL 4:50-5:20pm 5:30 – 7:00 pm	5:00-6:30pm	DL 9:15-9:50 am 10-11:45 am
Dreaming 2	6:45-8:15pm	7:00-8:30 pm	OFF	DL 4:50-5:20pm 5:30 – 7:00 pm	5:00 – 6:30pm	DL 9:15-9:50 am 10-11:45 am
Planning 1	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	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	<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	<u>AM – 5:10-6:45</u> 3:30 - 5:00 pm	DL 7:00 to 8:00 am 8:00-10:00 am
Performing	<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. 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.