

CAC WINTER PRACTICE SCHEDULE

Nov. 4th - Feb 13th 2019-20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Max Perf							
AM	5:00-6:45	OFF	5:00-6:45	5:15-6:45 @	5:00-6:45 swim	7:00-10:00	
AM Wts/DL	5:00-5:50	3:40-4:30 UC	5:00-5:50	3:40-4:30 UC	***	9:00-10:00	
PM Swim	4:45-6:45	4:30-6:30 UC	4:45-6:45	4:30-6:30 UC	4:45-6:30	OFF	Sun TBA
Max Prep							
AM	5:00-6:45	OFF	5:00-6:45	5:15-6:45 @	5:00-6:45	7:00-10:00	
AM Wts/DL	5:00-5:50		5:00-5:50	3:40-4:30 UC		9:00-10:00	
PM Swim	4:15-7:00 UC	4:45-6:45	4:45-6:45	4:30-6:30 UC	4:45-6:30		
Senior							
AM							
PM	4:45-6:30		4:45-6:30		4:45-6:30		
T-2							
AM				5:15-6:45 @	5:00-6:45	8:00-11:00	
PM	4:15-7:00 UC	4:45-6:45	4:15-7:00 UC	4:45-6:45	4:45-6:30		
T-1						8:00-11:00	
PM	4:15-7:00 UC	4:45-6:45	4:15-7:00 UC	4:45-6:45	4:45-6:30		
A-3 PM	6:15-8:15		6:15-8:15		6:00-8:00	10:30 am-12:30 pm	
A-2 PM		6:30-8:15		6:30-8:15	6:00-8:00	12:00-2:00 pm	
A-1 PM		6:30-7:45		6:30-7:45		12:15-1:30 pm	
SwimCincy							11:30-12:30
ALL AM PRACTICES ARE AT CCDS				@ AM Prog. Set ~ ~ no Fri am			
CCD -Cincinnati Country Day		UC- University of Cincinnati		If we run a Sun. Max Perf practice then ~ ~ no Tue pm practice			
Note: The age group practice times includes flex/DL							