

CINCINNATI AQUATIC CLUB | Spring 2021 Schedule

April 12 thru May 30

All practices at Cincinnati Country Day

Week 0 | April 5-9: Normal weeknight schedule; no mornings or weekend

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRACK 1		5:50 pm - 7:00 pm		5:50 pm - 7:00 pm		10:20 am - 11:30 am	
TRACK 2	5:40 pm - 6:55 pm		5:40 pm - 6:55 pm			3:20 pm - 4:40 pm	3:30 pm - 4:50 pm
TRANSITION 1	7:05 pm - 8:35 pm		7:05 pm - 8:35 pm			1:30 pm - 3:10 pm	1:40 pm - 3:20 pm
Supplemental				Zoom Dryland 4:30p - 5:15p			
TRANSITION 2		7:10 pm - 8:40 pm		7:10 pm - 8:40 pm	6:50 pm - 8:05 pm	11:40 am - 1:20 pm	11:50 am - 1:30 pm
Supplemental			Zoom Dryland 4:30p - 5:15p				
TRAIN 1	4:00 pm - 5:30 pm		4:00 pm - 5:30 pm	5:15 am - 6:45 am	5:25 pm - 6:40 pm	8:25 am - 10:10 am	9:40 am - 11:40 am
Supplemental		HIT 6:00p - 7:00p		Zoom Dryland 4:30p - 5:15p			
TRAIN 2		4:00 pm - 5:40 pm	5:00 am - 7:00 am	4:00 pm - 5:40 pm	5:00 am - 7:00 am 4:00 pm - 5:15 pm	6:30 am - 8:15 am	7:30 am - 10:15 am
Supplemental		Trainer 5:45p - 6:30p	Weights		Weights		Weights



- Preseason virtual and on-site conditioning begins March 22 for all appropriate groups.
- The summer schedule will start no earlier than May 31 and will use CCDS as well as local outdoor summer clubs.
- All groups will continue to use Team Snap Health Check before every practice.
- Any and all schedule adjustments will be communicated via Team Snap.