

CINCINNATI AQUATIC CLUB | Summer 2021 Schedule

June 7 thru Championships

All practices at Cincinnati Country Day, Indian Hill Club, and Kenwood Swim Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRACK 1	5:40 PM - 6:40 PM at CCDS		5:40 PM - 6:40 PM at CCDS			10:05 AM - 11:05 AM at CCDS
TRACK 2	6:40 PM - 8:00 PM at CCDS		6:40 PM - 8:00 PM at CCDS		4:00 PM - 5:15 PM at CCDS	11:05 AM - 12:20 PM at CCDS
TRANSITION 1		6:15 PM - 8:00 PM at CCDS	7:15 AM - 8:45 AM at IHC	5:50 PM - 7:30 PM at CCDS	6:35 PM - 7:55 PM at CCDS	9:00 AM - 10:30 AM at KSC
TRANSITION 2		4:30 PM - 6:15 PM at CCDS	7:15 AM - 8:45 AM at IHC	5:50 PM - 7:30 PM at CCDS	5:15 PM - 6:35 PM at CCDS	7:30 AM - 9:00 AM at KSC
TRAIN 1	7:00 AM - 8:45 AM at IHC Live Training 5:40 PM - 6:15 PM	7:00 AM - 8:45 AM at IHC	4:00 PM - 5:35 PM at CCDS Live Training 5:40 PM - 6:15 PM	7:00 AM - 8:45 AM at IHC	7:00 AM - 8:45 AM at IHC	7:30 AM - 9:45 AM at IHC
TRAIN 2	6:30 AM - 8:15 AM at KSC	6:30 AM - 8:15 AM at KSC	6:30 AM - 8:15 AM at KSC	6:30 AM - 8:15 AM at KSC	6:30 AM - 8:30 AM at KSC	8:00 AM - 11:00 AM at CCDS Weights 10:00 AM - 11:00 AM
	4:00 PM - 5:35 PM at CCDS Live Training 5:40 PM - 6:15 PM		4:00 PM - 5:35 PM at CCDS Live Training 5:40 PM - 6:15 PM			



Updated Covid-19 Procedures

- Swimmers will continue to wear masks into and out of practice.
- Coaches will no longer do temperature checks before practice.
- Coaches will space out swimmers in the water using both ends of the pool when appropriate.
- Team Snap Health Check is not required.
- Do not come to practice if you are not feeling well or there is an outstanding Covid-19 test in your household.