

CINCINNATI AQUATIC CLUB | Summer 2021 Schedule

June 7 thru the end of the season

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRACK 1	5:45 PM - 6:45 PM @ CCDS		5:45 PM - 6:45 PM @ CCDS			10:10 AM - 11:10 AM @ CCDS
TRACK 2	6:55 PM - 8:10 PM @ CCDS		6:55 PM - 8:10 PM @ CCDS		4:10 PM - 5:25 PM @ CCDS	11:20 AM - 12:40 PM @ CCDS
TRANSITION 1		6:00 PM - 7:40 PM @ CCDS	7:15 AM - 8:45 AM @ IHC	6:00 PM - 7:40 PM @ CCDS	7:00 PM - 8:15 PM @ CCDS	8:55 AM - 10:30 AM @ TPSC
TRANSITION 2		4:10 PM - 5:50 PM @ CCDS	7:15 AM - 8:45 AM @ IHC	4:10 PM - 5:50 PM @ CCDS	5:35 PM - 6:50 PM @ CCDS	7:15 AM - 8:45 AM @ TPSC
TRAIN 1	7:00 AM - 8:45 AM @ IHC Live Training 5:40 PM - 6:15 PM	7:00 AM - 8:45 AM @ IHC	4:10 PM - 5:35 PM @ CCDS Live Training 5:40 PM - 6:15 PM	7:00 AM - 8:45 AM @ IHC	7:00 AM - 8:45 AM @ IHC	7:30 AM - 9:45 AM @ IHC
TRAIN 2	6:30 AM - 8:15 AM @ KSC 4:10 PM - 5:35 PM @ CCDS Live Training 5:40 PM - 6:15 PM	6:30 AM - 8:15 AM @ KSC	6:30 AM - 8:15 AM @ KSC 4:10 PM - 5:35 PM @ CCDS Live Training 5:40 PM - 6:15 PM	6:30 AM - 8:15 AM @ KSC	7:30 AM - 9:30 AM @ TPSC	8:00 AM - 11:00 AM @ CCDS Weights 10:00 AM - 11:00 AM

CCDS: Cincinnati Country Day School

IHC: Indian Hill Club, 7585 Shawnee Run Road | KSC: Kenwood Swim Club, 7101 Lynnfield Court | TPSC: Terrace Park Swim Club, 1 Stumps Lane



- Any virtual dryland opportunities will be added later.
- A swimmer's season is over after they have competed in their last appropriate championship meet.
- Team Covid-related policies and check in procedures will remain in effect at all three sites until further notice.
- Additional long course practice opportunities at Miami University or Powel Crosley YMCA could also be added.
- Weather-related cancelations, adjustments, or makeups will be communicated by coaches via Team Snap.
- Parents should complete the Team Snap Health Check before every practice.

LGH