

NKU SPRING SCHEDULE 2023: Monday, April 17th-Saturday, June 3rd

	MON	TUES	WED	THUR	FRI	SAT @Keating
SENIOR	Dyn 3:30p Sw 3:45-6p Mtg until 6:30p	Dyn 3:30p Sw 3:45-6:30p + DL	Dyn 3:30p Sw 3:45-6p	Dyn 3:30p Sw 3:45-6:30p + DL	Dyn 3:30p Sw 3:45-5:45p	Sw 7-9a DL 9:10-10:10a
*HS SC Prep	Sw 3:45-6p	OFF	Sw 3:45-6p	OFF	Sw 3:45-5:45p	OFF
BLUE	DL 3:30p Sw 4:15-6p	Dyn 4:15p Sw 4:30-6:15p	DL 3:30p Sw 4:15-6p	Dyn 4:15p Sw 4:30-6:15p	Dyn 3:30p Sw 3:45-5:45p	DL 8-8:50a Sw 9-11a
GOLD	Sw 6-7:45p	DL 5:45p Sw 6:30-7:45p	Sw 6-7:45p	DL 5:45p Sw 6:30-7:45p	OFF	Sw 9-10:45a DL 10:55-11:30a
SILVER	DL 6p Sw 6:30-7:45p	Sw 6:30-7:45p	DL 6p Sw 6:30-7:45p	Sw 6:30-7:45p	OFF	DL 10:15a Sw 10:45a-12:15p
BRONZE	DL 6:30p Sw 6:45-7:45p	OFF	DL 6:30p Sw 6:45-7:45p	OFF	DL 5:30p Sw 5:45-6:45p	DL 10:30a Sw 11a-12:15p

~All Groups: Return to Practice Monday, April 17th

~Age Group ISCA Swimmers: Return to Practice Monday, April 24th

**HS SC Prep: April 17th-June 2nd*

NKU SUMMER SCHEDULE 2023: Monday, June 5th-Wednesday, July 19th

	MON	TUES	WED	THUR	FRI	SAT
SENIOR	AM @Summit Dyn 6:15a Sw 6:30-8:45a DL 9-10a	AM @Summit Dyn 6:15a Sw 6:30-8:45a PM @NKU Sw 3-5p	AM @Summit Dyn 6:15a Sw 6:30-8:45a PM @NKU DL 3-5p	AM @Summit Dyn 6:15a Sw 6:30-8:45a	AM @Summit Dyn 6:15a Sw 6:30-8:45a	Sw 7-9a DL 9:10-10:10a
BLUE	AM @Summit Dyn 6:45a Sw 7-8:45a	AM @Summit Dyn 6:45a Sw 7-8:45a DL until 10a	AM @Summit Dyn 6:45a Sw 7-8:45a	AM @Summit Dyn 6:45a Sw 7-8:45a DL until 10a	AM @Summit Dyn 6:45a Sw 7-8:45a	DL 8-8:50a Sw 9-11a
GOLD	DL 4:15p Sw 5-6:30p	 Sw 5-6:30p	DL 4:15p Sw 5-6:30p	OFF	 Sw 5-6:30p	Sw 9-10:45a DL 10:55-11:30a
SILVER	DL 4:45p Sw 5:15-6:30p	 Sw 5:15-6:30p	DL 4:45p Sw 5:15-6:30p	OFF	 Sw 5:15-6:30p	DL 10:15a Sw 10:45a-12:15p
BRONZE	DL 5:15p Sw 5:30-6:30p	OFF	DL 5:15p Sw 5:30-6:30p	OFF	DL 5:15p Sw 5:30-6:30p	DL 10:30a Sw 11a-12:15p