

RCA Practice Schedule - Fall/Winter 2020

	Mon	Tue	Wed	Thu	Fri	Sat
National Prep	5:00-6:45pm	5:00-6:45am 5:00-6:45pm	5:00-6:45am	5:00-6:45am 5:00-6:45pm	5:00-6:45pm	7:00-9:00am
Senior	5:00-6:30pm	5:00-6:45am 5:00-6:30pm	5:00-6:30pm	5:00-6:45am 5:00-6:30pm	5:00-6:30pm	7:00-9:00am
Gold	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	7:00-9:00am
Silver	6:30-8:00pm	6:30-8:00pm		6:30-8:00pm	6:30-8:00pm	7:00-9:00am
Bronze 2	6:45-8:00pm	6:45-8:00pm		6:45-8:00pm	6:45-8:00pm	
Bronze 1	6:45-8:00pm	6:45-8:00pm		6:45-8:00pm	6:45-8:00pm	

*This schedule begins on Monday August 24 and all listed practices take place at Central Pool.

*Athletes and Coaches are permitted on the pool deck during practice.

*Parents are not permitted on the pool deck or in the bleachers on the deck due to current facility restrictions.

*The RCA Swim Academy program will be included on the schedule once details and staffing are finalized. The target start date for the program is Tuesday September 8. All current members and those who have expressed interest in joining will be contacted via email or phone once we are ready to confirm enrollment.