

NCAP-Burke Summer Training Schedule



Burke Racquet & Swim Club (Indoors, 25 yards)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:00-7:30am	Age Group 2&3		Age Group 2&3			
3:00-5:00pm	National	National	National	National		
5:00-6:30pm	Senior	Senior	Senior	Senior		

Burke Commons Pool (Outdoors, 50 Meters)

	Monday	Tuesday	Wednesday	Thursday	Friday	
	National Prep 5:00-6:30am	National Prep 5:00-6:30am	National Prep 5:00-6:30am	National Prep 5:00-6:30am	National Prep 5:00-6:30am	
	National 6:30-8:45am	National 6:30-8:45am	National 6:30-8:45am	National 6:30-8:45am	National 6:30-8:45am	National 6:30-8:45am
		Age Group 2&3 8:30-10:00am		Age Group 2&3 8:30-10:00am		
		Age Group 1 9:00-10:00am		Age Group 1 9:00-10:00am		