

NCAC - Short Course 2021-2022

Mini	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
8 & U	Blue	NCAC	Swim 4:00-4:45 PM		Swim 4:00-4:45 PM		Swim 4:00-4:45 PM				
					Dryland 4:45-5:00 PM						
9 & 10	Orange	NCAC		Swim 4:00-5:00 PM		Swim 4:00-5:00 PM	Swim 4:00-5:00 PM				
						Dryland 5:00-5:15 PM					
Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
11 & 12	Blue	NCAC	Dryland 4:15-4:45 PM		Swim 5:00-6:15 PM	Swim 5:00-6:00 PM	Swim 5:00-6:00 PM				
			Swim 4:45-5:45 PM								
Junior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
13 & 14	Blue	NCAC	Swim 4:45-6:00 PM	Swim 4:30-6:00 PM	Dryland 4:30-5:00 PM	Swim 4:30-6:00 PM	Swim 4:45-6:15 PM	Danny Jones			
					Swim 5:00-6:15 PM			Dryland 7:45-8:30 AM			
								Swim 8:30-10:00 AM			
Senior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
Freshman & Up	Orange	NCAC			Swim 6:00-7:30 AM			Danny Jones			
		NCAC			Dryland 5:00-5:45 PM			Swim 6:00-7:45 PM	Swim 6:00-7:45 PM	Dryland 4:00-4:45 PM	Swim 6:30-8:30 AM
					Swim 6:00-7:45 PM					Swim 5:45-7:45 PM	Swim 6:00-7:45 PM