

Practice Schedule - NCAC

Short Course Schedule

Group Name	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group Prep	PM		NCAC		NCAC	NCAC	
			Swim 4:00-4:45 PM Dryland 4:45-5:00 PM		Swim 4:00-4:45 PM Dryland 4:45-5:00 PM	Swim 4:00-4:45 PM	
Age Group Blue	PM	NCAC		NCAC		NCAC	
		Dryland 4:00-4:30 PM Swim 4:30-5:30 PM		Swim 4:00-5:00 PM Dryland 5:00-5:30 PM		Swim 4:00-5:00 PM	
Age Group Orange	PM	NCAC	NCAC		NCAC	NCAC	
		Swim 4:30-5:30 PM Dryland 5:30-6:00 PM	Swim 4:45-6:00 PM		Dryland 4:15-4:45 PM Swim 4:45-6:00 PM	Swim 4:45-6:00 PM	
Senior Blue	AM			NCAC		NCAC	NCAC
				Swim 6:00-7:30 AM		By Invite Swim 6:00-7:30 AM	Dryland 9:00-9:45 AM Swim 9:45-11:00 AM
	PM	NCAC	NCAC		NCAC	NCAC	
		Swim 5:30-7:30 PM	Dryland 5:15-6:00 PM Swim 6:00-7:30 PM		Swim 6:00-7:30 PM	Swim 5:00-6:30 PM	
Senior Orange	AM			NCAC		NCAC	NCAC
				Swim 6:00-7:30 AM		Swim 6:00-7:30 AM	Swim 8:00-9:45 AM Dryland 9:45-10:30 AM
	PM	NCAC	NCAC	NCAC	NCAC		
		Dryland 4:45-5:30 PM Swim 5:30-7:30 PM	Swim 4:45-6:45 PM	Swim 5:00-7:00 PM	Dryland 4:45-5:30 PM Swim 5:30-7:30 PM		