

Fall 2021 NCAC September - October 10th								
Mini	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 & U	Blue	NCAC	Swim 4-4:45 P		Swim 4-4:45 P		Swim 4-4:45 P	
					Dryland 4:45 - 5 P			
9 & 10	Orange	NCAC		Swim 4 - 5 P		Swim 4-5 P	Swim 4-5 P	
						Dryland 5 - 5:15 P		
Age Group	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 & 12	Blue	NCAC	Dryland 4:15-4:45 P		Swim 5 - 6:15 P	Swim 5-6 P	Swim 5-6 P	
			Swim 4:45- 5:45 P					
Junior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 & 14	Blue	NCAC	Swim 4:45-6 P	Swim 4:30-6 P	Dryland 4:30-5 P	Swim 4:30 - 6 P		Danny Jones
					Swim 5-6:15 P			Dryland 7:45-8:30 AM
								Swim 8:30-10:00 AM
Senior	Group Name	Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Freshman & Up	Senior Orange	NCAC	Swim 5:45-7:30 P	Dryland 5-5:45 P	Swim 6 -7:45 P	Swim 6-7:45 P	Dryland 4 -4:45 P	Danny Jones
				Swim 5:45-7:45 P			Swim 4:45-6 P	Swim 6:30-8:30 AM
								Dryland 8:30-9:15 AM