

CCA Marlins 2023 Long course Practice schedule LSC

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Groups	6-7:30 am	OFF	5:30-7:30 am	OFF	5:30-7:30 am	7:30-8:00 am* 8:00-9:45am CAC
	OFF	3:30-5:00p	OFF	3:30-5:00p	OFF	OFF
AGB	6:30-7:30am	4:30-5:30pm	OFF	4:30-5:30pm	6:30-7:30am	OFF
JAG	6:30-7:30am	5:45-6:30pm	OFF	5:45-6:30pm	OFF	OFF

Monday-Friday AM practices will be held at Fallon park pool, Saturday is at the Carter Athletic Center, all afternoons are at the CAC