

CAC Practice Schedule for the season 2021/2022 updated 07/23/2021

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MM1	3:45-4:30pm	/	/	3:45-4:30pm	/	/	All minnies need to get picked up right after their practice
MM2	3:30-4:30pm	/	/	3:30-4:30pm	/	10:45-11:45p	
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Bronze AGB	/	3:30-4:30pm	3:30-4:30pm	/	3:30-4:30pm	10:45-11:45a	Can sub 1 practice with AGS
Age Group Silver AGS	6:00-7:00pm	5:15+5:45* +5:45-6:45p	/	5:15+5:45* +5:45-6:45p	5:45-6:45pm	9:00-9:30am* 9:30-10:45a	
Age Group Gold AGG	7:00-8:15pm	6:15-6:45* +6:45-8:00p	6:15-6:30p* 6:30-8:00pm	6:15-6:45* +6:45-8:00p	6:45-7:45pm	7:30-8:00am* 8:00-9:30am	Must attend all practices
Please arrive no longer than 10 mnts prior to practice start time							
Senior Dev SRD Swim Fit(4p)	/	/	/	/	/	6:00-8:00am +8:00-9:00a*	Can elect 5 practices a week
	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:15*	4:30-5:45pm		
Senior Silver SRS	5:00-6:45am	/	/	/	/	6:00-8:00am +8:00-9:00a*	Can elect 7 practices a week
	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:15*	4:30-5:45pm +5:45-6:00*		
Senior Gold SRG	5:00-6:45am	/	5:00-6:45am	/	5:00-6:45am	6:00-8:00am +8:00-9:00a*	Must Attend all 9 practices
	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:15-4:30* 4:30-6:30pm	4:30-5:45 +5:45-6:15*	4:30-5:45pm +5:45-6:00*		

There is no mandatory attendance, but we would like to see your kids happy faces as often as we can!