

## H2okie Aquatics Practice Schedule 2022-2023 Season

<b>Color Key</b>	Christiansburg Aquatic Center (CAC)	Blacksburg Aquatic Center (BAC)	McComas	PEAK S&C (PEAK)
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### Stroke School

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SS3 (CAC)	Off	5:30 PM - 6:30 PM @ CAC	Off	5:30 PM - 6:30 PM @ CAC	Off	Off
SS2 (CAC)	Off	5:30 PM - 6:30 PM @ CAC	Off	5:30 PM - 6:30 PM @ CAC	Off	Off
SS1 (CAC)	Off	5:30 PM - 6:15 PM @ CAC	Off	5:30 PM - 6:15 PM @ CAC	Off	Off
SENIOR-PREP (CAC)	Off	6:15 PM - 7:15 PM @ CAC	Off	6:15 PM - 7:15 PM @ CAC	Off	Off
MIDDLE-PREP (CAC)	Off	6:15 PM - 7:15 PM @ CAC	Off	6:15 PM - 7:15 PM @ CAC	Off	Off
SS3 (BAC)	4:15 PM - 5:15 PM @ BAC	Off	4:15 PM - 5:15 PM @ BAC	Off	Off	Off
SS2 (BAC)	5:00 PM - 6:00 PM @ BAC	5:00 PM - 6:00 PM @ BAC	5:00 PM - 6:00 PM @ BAC	5:00 PM - 6:00 PM @ BAC	Off	Off
SS1 (BAC)	5:15 PM - 6:00 PM @ BAC	5:00 PM - 5:45 PM @ BAC	5:15 PM - 6:00 PM @ BAC	5:00 PM - 5:45 PM @ BAC	Off	Off
SENIOR-PREP (BAC)	3:30 PM - 5:00 PM @ BAC	Off	3:30 PM - 5:00 PM @ BAC	3:30 PM - 5:00 PM @ BAC	Off	Off
MIDDLE-PREP (BAC)	4:00 PM - 5:00 PM @ BAC	Off	4:00 PM - 5:00 PM @ BAC	Off	Off	Off
AG1 (BAC)	Off	5:00 PM - 6:15 PM @ BAC	Off	5:00 PM - 6:15 PM @ BAC	5:45 PM-7:15 PM @ CAC	10:30 AM-12:00 PM @ CAC

### Age Group

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AG3 (CAC)		PEAK: 5:45- 6:30pm		PEAK: 5:45- 6:30pm		
	5:45 PM-7:15 PM @ CAC	4:00 PM-5:30 PM @ CAC	5:45 PM-7:15 PM @ CAC	4:00 PM-5:30 PM @ CAC	5:45 PM-7:15 PM @ CAC	10:00 AM - 12:00 PM @ CAC
AG2 (CAC)	5:45 PM-7:15 PM @ CAC	5:45 PM-7:15 PM @ CAC	5:45 PM-7:15 PM @ CAC	5:45 PM-7:15 PM @ CAC	5:45 PM-7:15 PM @ CAC	10:30 AM-12:00 PM @ CAC
AG1 (CAC)	5:45 PM-7:15 PM @ CAC	Off	5:45 PM-7:15 PM @ CAC	Off	5:45 PM-7:15 PM @ CAC	10:30 AM-12:00 PM @ CAC

### Senior

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PEAK: 6-7am or 4:30-5:30pm		PEAK: 6-7am or 4:30-5:30pm			YOGA @ TBD at CAC
SR2 (CAC)	5:45 PM-7:30 PM @ CAC	3:30 PM - 5:30 PM @ CAC	5:45 PM-7:30 PM @ CAC	3:30 PM - 5:30 PM @ CAC	5:30AM-7:00AM @ McComas	10:00 AM - 12:00 PM @ CAC
SR1 (CAC)	5:45 PM-7:30 PM @ CAC	3:30 PM - 5:30 PM @ CAC	5:45 PM-7:30 PM @ CAC	3:30 PM - 5:30 PM @ CAC	5:30AM-7:00AM @ McComas	10:00 AM - 12:00 PM @ CAC