

2022 Cavalier Aquatics Summer Practice Schedule

Schedule Dates: June 13th - August 3rd

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Futures June 13th - July 11th	11:30 AM - 12:15 PM @ Brooks Y			11:30 AM - 12:15 PM @ Brooks Y		10:00 - 10:45 AM @ Brooks Y
Bronze June 13th - July 11th	11:30 AM - 12:30 PM @ Brooks Y	11:30 AM - 12:30 PM @ Brooks Y		11:30 AM - 12:30 PM (Swim + Dryland) @ Brooks Y		10:00-11:00 AM @ Brooks Y
Silver June 13th - July 26th	9:00 - 10:15 AM (Swim + Dryland) @ Brooks Y	9:00 - 10:15 AM @ Brooks Y		7:00 - 8:15 AM @ Fry Springs	9:00 - 10:15 AM (Swim + Dryland) @ Brooks Y	7:45 - 9:00 AM @ Fry Springs
Gold June 13th - July 26th	7:30 - 9:00 AM (Swim + Dryland) @ Brooks Y	6:30 - 8:15 AM @ Fry Springs	7:30 - 9:00 AM @ Brooks Y	7:30 - 9:00 AM @ Brooks Y		6:30 - 8:15 AM (Swim + Dryland) @ Fry Springs
Platinum June 13th - July 30th	5:45 - 7:30 AM @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:45 - 7:30 AM (Swim + Dryland) @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:45 - 7:15 AM @ Brooks Y & Double 2:00 - 3:30 PM @ Brooks Y	8:00 - 10:00 AM (Swim + Dryland) @ Brooks Y
Senior Blue June 13th - August 3rd	5:30 - 7:30 AM @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:30 - 8:00 AM (Swim + Dryland) @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:30 - 7:15 AM @ Brooks Y	8:00 - 10:30 AM (Swim + Dryland) @ Brooks Y
Senior Orange June 13th - August 3rd	5:45 - 7:45 AM @ ACAC	5:30 - 8:00 AM (Swim + Dryland) @ Brooks Y & Double 2:00 - 3:30 PM @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:30 - 7:30 AM @ Brooks Y	5:45 - 7:45 AM @ ACAC	6:00-8:30 AM (Swim + Dryland) @ Brooks Y
Senior National June 13th - August 3rd	5:45 - 7:45 AM @ ACAC & Double 2:00 - 3:30 PM @ Brooks Y	5:30 - 8:00 AM (Swim + Dryland) @ Brooks Y	5:45 - 7:45 AM @ ACAC	5:45 - 7:30 AM @ Brooks Y & Double 2:00 - 3:30 PM @ Brooks Y	5:45 - 7:45 AM @ ACAC	6:00-8:30 AM (Swim + Dryland) @ Brooks Y