



Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Practice Location
Quest 1		6:30-7:30pm Dryland 6:00-6:25pm		6:30-7:30pm Dryland 6:00-6:25pm		8:45-9:45am	Deer Run
Quest 2	7:00-8:00am Dryland 6:00-6:25pm		7:00-8:00am Dryland 6:00-6:25pm		7:00-8:00am Dryland 6:00-6:25pm	8:45-9:45am	Deer Run
	6:30-7:30pm Dryland 6:00-6:25pm		6:30-7:30pm Dryland 6:00-6:25pm		6:30-7:30pm Dryland 6:00-6:25pm	8:45-9:45am	Deer Run
Quest 3	7:00-8:15am* Dryland 7:00-7:30pm	7:00-8:15am*	7:00-8:15am* Dryland 7:00-7:30pm	7:00-8:15am*	7:00-8:15am* Dryland 7:00-7:30pm	7:30-8:45am	Deer Run
	7:30-8:45pm Dryland 7:00-7:30pm	7:30-8:45pm	7:30-8:45pm Dryland 7:00-7:30pm	7:30-8:45pm	7:30-8:45pm Dryland 7:00-7:30pm	7:30-8:45am	Deer Run
Age Group B	5:30-7:00pm Dryland 4:40-5:20pm	5:30-7:00pm	5:30-7:00pm Dryland 4:40-5:20pm	5:30-7:00pm	5:30-7:00pm Dryland 4:40-5:20pm	1:00-2:45pm	Evergreen
Age Group A	7:00-8:45pm	7:00-8:45pm Dryland 6:00-6:50pm	7:00-8:45pm	7:00-8:45pm Dryland 6:00-6:50pm	7:00-8:45pm	11:00-1:00pm Dryland 10:00-10:50am	Evergreen
Senior B	4:45-6:45am	4:45-6:45am Dryland 3:30-4:15pm	4:45-6:45am	4:45-6:45am Dryland 3:30-4:15pm	4:45-6:45am	9:00-11:00am Dryland 8:15-9:00am	Evergreen
Senior A	4:45-6:45am (Speed/Power) Dryland 45 min + Swim 1hr, 15 min	4:45-6:45am (Endurance)	4:45-6:45am (Speed/Power) Dryland 45 min + Swim 1hr, 15 min	4:45-6:45am (Endurance)	4:45-6:45am (Speed/Power) Dryland 45 min + Swim 1hr, 15 min	6:00-9:00am	AM-Deer Run PM-Evergreen
	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm	3:30-5:30pm		
Home School Novice	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		Evergreen
Home School Age Group	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm	2:00-3:30pm		Evergreen
Masters	8:30-10:00am	5:00-6:00am	8:30-10:00am	5:00-6:00am	8:30-10:00am	5:00-6:00am	Deer Run

*We are aware that the CCPS schedule currently has a start time of 8:30am for elementary students. If your swimmer's school schedule or situation permits he/she may swim until 8:15am.

Q2 & Q3 Swimmers & Families - Check out our morning practice option to allow more flexibility with your evenings. Perfect for busy families and/or swimmers who participate in additional extracurricular activities.