

# Nitro Swimming-Steiner Ranch Short Course Schedule

August 20th, 2018- March 21, 2019

Group	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Intro to Nitro (2 Practices/Week)</b>					
<b>Intro to Nitro #1</b>	3:45-4:30 PM		3:45-4:30 PM		
<b>Intro to Nitro #2</b>	4:30-5:15 PM		4:30-5:15 PM		
<b>Intro to Nitro #3</b>		3:45-4:30 PM		3:45-4:30 PM	
<b>Intro to Nitro (1 Practice/Week)</b>					
<b>Intro to Nitro #4</b>					3:45-4:30 PM
<b>TF 1 (1 Practice/Week)</b>					
<b>TF #1</b>		3:45-4:30 PM			
<b>TF #2</b>		4:30-5:15 PM			
<b>TF #3</b>				3:45-4:30 PM	
<b>TF #4</b>				4:30-5:15 PM	
<b>TF #5</b>					4:30-5:15 PM
<b>TF 2 (2 Practices/Week)</b>					
<b>TF #6</b>		3:45-4:30 PM		3:45-4:30 PM	
<b>TF #7</b>		4:30-5:15 PM		4:30-5:15 PM	
<b>Bronze (3 Practices/Week)</b>					
<b>Bronze #1</b>	3:45-4:30 PM		3:45-4:30 PM		3:45-4:30 PM
<b>Bronze #2</b>	4:30-5:15 PM		4:30-5:15 PM		4:30-5:15 PM
<b>Silver (4 Practices/week)</b>					
<b>Silver</b>	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	5:15-6:15 PM	
<b>Gold (5 Practices/week)</b>					
<b>Gold</b>	6:15-7:45 PM	6:15-7:45 PM	6:15-7:45 PM	6:15-7:45 PM	5:15-6:45 PM

We have worked hard to create a schedule with as many options as possible. **Groups and times may not be mixed.** Please don't ask to be an exception. In order to maintain practice quality swimmers must stick to the time for which they are registered.