

# Nitro Swimming-Bee Cave Short Course Schedule

Begins August 13th, 2018

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TF 1 (1 Practice/Week)</b>						
TF #1	4:00-5:00 PM					
TF #2	5:00-6:00 PM					
TF #3	7:45-8:45 PM					
TF #4		5:30-6:30 PM				
TF #5		7:15-8:15 PM				
TF #6			4:00-5:00 PM			
TF #7			5:00-6:00 PM			
TF #8			7:45-8:45 PM			
TF #9				5:30-6:30 PM		
TF #10				7:15-8:15 PM		
TF #11					5:15-6:15 PM	
TF #12						10:15-11:15 AM
TF #13						11:15-12:15 PM
TF#19		4:00-5:00 PM				
TF#20				4:00-5:00 PM		
<b>TF 2 (2 Practices/Week)</b>						
TF #14	4:00-5:00 PM		4:00-5:00 PM			
TF #15	5:00-6:00 PM		5:00-6:00 PM			
TF #16	7:45-8:45 PM		7:45-8:45 PM			
TF #17		5:30-6:30 PM		5:30-6:30 PM		
TF #18		7:15-8:15 PM		7:15-8:15 PM		
TF#21		4:00-5:00 PM		4:00-5:00 PM		
<b>Intro to Nitro (2 Practices/Week)</b>						
Intro to Nitro #1	4:00-4:45 PM		4:00-4:45 PM			
Intro to Nitro #2	4:45-5:30 PM		4:45-5:30 PM			
Intro to Nitro #3	5:30-6:15 PM		5:30-6:15 PM			
Intro to Nitro #4	6:15-7:00 PM		6:15-7:00 PM			
Intro to Nitro #5		4:00-4:45 PM		4:00-4:45 PM		
Intro to Nitro #6		6:30-7:15 PM		6:30-7:15 PM		
<b>Intro to Nitro (1 Practice/Week)</b>						
Intro to Nitro #7					4:30-5:15 PM	
Intro to Nitro #8						10:15 -11:00 AM
Intro to Nitro #9						11:00-11:45 AM

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be an exception. In order to maintain practice quality swimmers must stick to the time for which they are registered.

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze (3 Practices/Week)</b>						
Bronze #1	4:00-4:45 PM		4:00-4:45 PM		4:30-5:15 PM	
Bronze #2	4:45-5:30 PM		4:45-5:30 PM		4:30-5:15 PM	
Bronze #3	7:00-7:45 PM		7:00-7:45 PM		6:15-7:00 PM	
Bronze #4		4:45-5:30 PM		4:45-5:30 PM		11:30-12:15 PM
<b>Silver (4 Practices/week)</b>						
Silver #1	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM		
Silver #2	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM	6:00-7:00 PM		
Silver #3	7:00-8:00 PM	7:00-8:00 PM	7:00-8:00 PM	7:00-8:00 PM		
Silver #4		5:00-6:00 PM		5:00-6:00 PM	4:45-5:45 PM	11:30-12:30 PM
<b>Adv. Silver (5 Practices/week)</b>						
Adv. Silver #1	4:30-5:45 PM	4:30-5:45 PM	4:30-5:45 PM	4:30-5:45 PM		10:15-11:30 AM
Dryland	5:45-6:15 PM		5:45-6:15 PM			
Adv. Silver #2	7:45-9:00 PM	7:30-8:45 PM	7:45-9:00 PM	7:30-8:45 PM		10:15-11:30 AM
Dryland	7:15-7:45 PM		7:15-7:45 PM			
<b>Gold (6 Practices/week)</b>						
Gold #1	7:45-9:15 PM	6:00-7:30 PM	7:45-9:15 PM	6:00-7:30 PM	5:45-7:15 PM	10:15-11:45 AM
Dryland		5:30-6:00 PM		5:30-6:00 PM		9:45-10:15 AM
Gold #2	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	4:30-6:00 PM	4:15-5:45 PM	8:30-10:00 AM
Dryland		6:00-6:30 PM		6:00-6:30 PM		8:00-8:30 AM
<b>Middle/High School (4 Practices/week)</b>						
MS/HS #1	8:00-9:15 PM		8:00-9:15 PM		5:45-7:00 PM	10:15-11:30 AM
MS/HS #2		8:00-9:15 PM		8:00-9:15 PM	5:45-7:00 PM	10:15-11:30 AM
Dryland						9:45-10:15 AM
<b>TAGS (6 Practices/week)</b>						
TAGS 2	6:00-7:45 PM	7:30-9:15 PM	6:00-7:45 PM	7:30-9:15 PM	5:15-7:00 PM	8:15-10:00 AM
Dryland		7:00-7:30 PM		7:00-7:30 PM		7:45-8:15 AM
TAGS 1	5:30-7:15 PM	7:15-9:15 PM	5:30-7:15 PM	7:15-9:15 PM	5:15-7:15 PM	8:00-10:00 AM
Dryland		6:45-7:15 PM		6:45-7:15 PM		10:00-10:45 AM
<b>Sectional Development (6 Practices/week)</b>						
Sectional Development	5:30-7:15 AM	5:30-7:15 AM	5:30-7:15 AM	5:30-7:15 AM	5:30-7:15 AM	6:30-8:30 AM
Dryland						8:30-9:15 AM
<b>National (8 Practices/week)</b>						
National Development	5:30-7:15 AM		5:30-7:15 AM		5:30-7:15 AM	6:00-8:00 AM
	7:15-9:15 PM	5:45-7:30 PM	7:15-9:15 PM	5:45-7:30 PM		
Dryland	6:45-7:15 PM		6:45-7:15 PM			8:00-8:45 AM
National	5:30-7:15 AM		5:30-7:15 AM		5:30-7:15 AM	6:00-8:15 AM
	5:30-7:45 PM	5:00-7:15 PM	5:30-7:45 PM	5:00-7:15 PM		
Dryland	4:45-5:15 PM		4:45-5:15 PM			8:15-9:00 AM

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10/18/18