

# Nitro Swimming-Cedar Park 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		4:00-5:00PM				
TF #3			4:00-5:00 PM			
TF #4				4:00-5:00 PM		
TF #5		5:30-6:30 PM				
TF #6				5:30-6:30 PM		
TF #7		8:15-9:15 PM				
TF #8				8:15-9:15 PM		
TF #9					4:00-4:45PM	
TF #10					4:45-5:45PM	
TF #11						10:15-11:15 AM
TF #12						11:15-12:15 PM
TF #13						12:15-1:15 PM
TF#14 (45 minutes)	5:15-6:00 PM					
TF#15 (45 mintues)			5:15-6:00 PM			
TF#16 (45 minutes)	8:30-9:15 PM					
TF#17 (45 minutes)			8:30-9:15 PM			
<b>TF 2 (2 Practices/Week)</b>						
TF #18	4:00-5:00 PM		4:00-5:00 PM			
TF #19 (45 minutes)	5:15-6:00 PM		5:15-6:00 PM			
TF #20 (45 minutes)	8:30-9:15 PM		8:30-9:15 PM			
TF #21		4:00-5:00 PM		4:00-5:00 PM		
TF #22		5:30-6:30 PM		5:30-6:30 PM		
TF #23		8:15-9:15 PM		8:15-9:15 PM		

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Intro to Nitro (2 Practices/Week)</b>						
Intro to Nitro #1	3:45-4:30 PM		3:45-4:30 PM			
Intro to Nitro #2	4:30-5:15 PM		4:30-5:15 PM			
Intro to Nitro #3	6:00-6:45 PM		6:00-6:45 PM			
Intro to Nitro #4		4:00-4:45 PM		4:00-4:45 PM		
Intro to Nitro #5		4:45-5:30 PM		4:45-5:30 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					3:45-4:30 PM	
Intro to Nitro #8					4:30-5:15 PM	
Intro to Nitro #9						10:15 -11:00 AM
Intro to Nitro #10						11:00-11:45 AM
Intro to Nitro #11						11:45-12:30 PM

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## Bronze (3 Practices/Week)

<b>Bronze #1</b>	4:00-4:45 PM		4:00-4:45 PM		4:00-4:45 PM	
<b>Bronze #2</b>	4:45-5:30 PM		4:45-5:30 PM		4:45-5:30 PM	
<b>Bronze #3</b>	6:45-7:30 PM		6:45-7:30 PM			11:45-12:30 PM
<b>Bronze #4</b>		4:00-4:45 PM		4:00-4:45 PM		10:15-11:00 AM
<b>Bronze #5</b>		4:45-5:30 PM		4:45-5:30 PM		11:00-11:45 AM

## Silver (4 Practices/week)

<b>Silver #1</b>	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM		
<b>Silver #2</b>	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM		
<b>Silver #3</b>	7:30-8:30 PM	7:15-8:15 PM	7:30-8:30 PM	7:15-8:15 PM		
<b>Silver #4</b>		8:15-9:15 PM		8:15-9:15 PM	5:15-6:15 PM	11:45-12:45 PM

## Gold (6 Practices/week)

<b>Gold #1</b>	7:45-9:15 PM	6:00-7:30 PM	7:45-9:15 PM	6:00-7:30 PM	6:00-7:30 PM	8:30-10:00 AM
<b>Gold #2</b>	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	4:00-5:30 PM	10:15-11:45 AM

## TAGS (6 Practices/week)

<b>TAGS 2</b>	6:00-7:45 PM	7:30-9:15 PM	6:00-7:45 PM	7:30-9:15 PM	5:45-7:30 PM	8:15-10:00 AM
<b>TAGS 1</b>	5:30-7:30 PM	7:45-9:30 PM	5:30-7:30 PM	7:30-9:15 PM	5:30-7:30 PM	6:00-8:00 AM

## Senior (6 Practices/week)

<b>Senior</b>	5:45-7:15 AM	5:45-7:15 AM	5:45-7:15 AM	5:45-7:15 AM	5:45-7:15 AM	
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## Sectional Development (6 Practices/week)

<b>Sectional Development</b>	7:45-9:30 PM	7:30-9:15 PM	7:30-9:15 PM	7:45-9:30 PM	5:45-7:30 PM	8:00-10:00 AM
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## National (8 Practices/week)

<b>National Development</b>	5:30-7:15 AM		5:30-7:15 AM		5:30-7:15 AM	6:15-8:15 AM
	7:30-9:15 PM	5:30-7:30 PM	7:30-9:15 PM	5:30-7:30 PM		
<b>National</b>	5:30-7:15 AM		5:30-7:15 AM		5:30-7:15 AM	6:00-8:30 AM
	5:30-7:45 PM	5:30-7:45 PM	5:30-7:30 PM	5:30-7:45 PM		

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