

Nitro Swimming-Cedar Park Short Course Schedule

Begins August 13th, 2018

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TF 1 (1 Practice/Week)						
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 (45 min.)					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 min.)	5:15-6:00 PM					
TF#15 (45 min.)			5:15-6:00 PM			
TF#16 (45 min.)	8:30-9:15 PM					
TF#17 (45 min.)			8:30-9:15 PM			
TF 2 (2 Practices/Week)						
TF #18	4:00-5:00 PM		4:00-5:00 PM			
TF #19 (45 min.)	5:15-6:00 PM		5:15-6:00 PM			
TF #20 (45 min.)	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		

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.

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Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro to Nitro (2 Practices/Week)						
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		
Intro to Nitro (1 Practice/Week)						
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)						
Bronze #1	4:00-4:45 PM		4:00-4:45 PM		4:00-4:45 PM	
Bronze #2	4:45-5:30 PM		4:45-5:30 PM		4:45-5:30 PM	
Bronze #3	6:45-7:30 PM		6:45-7:30 PM			11:45-12:30 PM
Bronze #4		4:00-4:45 PM		4:00-4:45 PM		10:15-11:00 AM
Bronze #5		4:45-5:30 PM		4:45-5:30 PM		11:00-11:45 AM
Silver (4 Practices/week)						
Silver #1	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM	4:00-5:00 PM		
Silver #2	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM		
Silver #3	7:30-8:30 PM	7:15-8:15 PM	7:30-8:30 PM	7:15-8:15 PM		
Silver #4		8:15-9:15 PM		8:15-9:15 PM	5:15-6:15 PM	11:45-12:45 PM
Gold (6 Practices/week)						
Gold #1	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
Dryland	7:00-7:45 PM		7:00-7:45 PM			7:45-8:30 AM
Gold#2	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
Dryland		5:30-6:15 PM		5:30-6:15 PM		9:30-10:15 AM
TAGS (6 Practices/week)						
TAGS 2	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
Dryland	5:15-6:00 PM		5:15-6:00 PM		5:00-5:45 PM	
TAGS 1	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
Dryland	5:00-5:30 PM	7:00-7:45 PM	5:00-5:30 PM	6:45-7:30 PM	5:00-5:30 PM	
Senior (6 Practices/week)						
Senior	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	
Sectional Development (6 Practices/week)						
Sectional Development	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
Dryland		6:45-7:30 PM		7:00-7:45 PM		10:15-11:00 AM
National (8 Practices/week)						
National Development	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		
National	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		
ND & NG Dryland	6:30-7:15 AM		6:30-7:15 AM			8:40-9:15 AM