

Nitro Swimming-Steiner Ranch Short Course Schedule

August 20th, 2018- April 26th, 2019

Group	Monday	Tuesday	Wednesday	Thursday	Friday
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		3:45-4:30 PM		3:45-4:30 PM	
Intro to Nitro (1 Practice/Week)					
Intro to Nitro #4					3:45-4:30 PM
TF 1 (1 Practice/Week)					
TF #1		3:45-4:30 PM			
TF #2		4:30-5:15 PM			
TF #3				3:45-4:30 PM	
TF #4				4:30-5:15 PM	
TF #5					4:30-5:15 PM
TF 2 (2 Practices/Week)					
TF #6		3:45-4:30 PM		3:45-4:30 PM	
TF #7		4:30-5:15 PM		4:30-5:15 PM	
Bronze (3 Practices/Week)					
Bronze #1	3:45-4:30 PM		3:45-4:30 PM		3:45-4:30 PM
Bronze #2	4:30-5:15 PM		4:30-5:15 PM		4:30-5:15 PM
Silver (4 Practices/week)					
Silver	5:15-6:15 PM	4:30-5:30 PM	5:15-6:15 PM	4:30-5:30 PM	5:15-6:15 PM
Gold (5 Practices/week)					
Gold	6:15-7:45 PM	5:30-7:00 PM	6:15-7:45 PM	5:30-7:00 PM	5:15-6:45 PM
Dryland		7:00-7:30 PM		7:00-7:30 PM	

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

4/1/2019