

Nitro Swimming-Bee Cave Short Course Schedule

Begins August 19th, 2019

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

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.

Nitro Swimming-Bee Cave Short Course Schedule

Begins August 19th, 2019

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

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.

8/29/2019