

Nitro Swimming-Cedar Park Short Course Schedule

Begins Aug. 19 2019 to June 2020

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		8:15-9:15PM				
TF #8				8:15-9:15PM		
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		

Version 8/22/19 (5:30PM)

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-Cedar Park Short Course Schedule

Begins Aug 19th 2019 to June 2020

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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Begins Aug. 19 2019 to June, 2020

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	7:00-9:15PM	6:00-7:30PM	7:00-9:15PM	6:00-7:30PM	6:00-7:30PM	7:45-10:00AM
Gold 2	4:00-5:30PM	4:00-6:15PM	4:00-5:30PM	4:00-6:15PM	4:00-5:30PM	9:30-11:45AM
TAGS (6 Practices/week)						
TAGS 2	5:15-7:45PM	7:30-9:15 PM	5:15-7:45PM	7:30-9:15PM	5:00-7:30 PM	8:15 - 10:00 AM
TAGS 1	6:45-9:15PM	6:45-9:15PM	5:00-7:15PM	6:45-9:15PM	5:00-7:30PM	6:00-8:00 AM
(AM Optional)				5:30-7:15AM		
Senior (5 Practices/week)						
Senior	5:45-7:15AM	5:45-7:15AM	5:45-7:15AM	5:45-7:15AM	5:45-7:15AM	
Sectional Development (6 Practices/week)						
Sectional Deve.	7:00-9:15 PM	6:45-9:15PM	5:00-7:15PM	6:45-9:15PM	5:00-7:30PM	8:00-10:45 AM
(AM Optional)				5:30-7:15AM		
Performance (8 Practices/week)						
Performance	5:00-7:30 PM	5:00-7:30PM	7:00-9:15PM	5:00-7:30PM		
	5:30-7:15AM		5:30-7:15AM		5:30-7:15AM	5:45-8:15AM
						Version 8/22/19 (5:30PM)