

# Nitro Swimming-Steiner Ranch 2019-20 Short Course Schedule

Effective August 19th, 2019

Group	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Intro to Nitro (2 Practices/Week)</b>					
Intro to Nitro #1	4:00-4:45 PM		4:00-4:45 PM		
Intro to Nitro #2		4:00-4:45 PM		4:00-4:45 PM	
<b>Intro to Nitro (1 Practice/Week)</b>					
Intro to Nitro #3					4:00-4:45 PM
<b>TF 1 (1 Practice/Week)</b>					
TF #1	4:45-5:30 PM				
TF #2			4:45-5:30 PM		
<b>TF 2 (2 Practices/Week)</b>					
TF #3	4:45-5:30 PM		4:45-5:30 PM		
<b>Bronze (3 Practices/Week)</b>					
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		4:00-4:45 PM		4:00-4:45 PM	4:00-4:45 PM
<b>Silver (4 Practices/week)</b>					
Silver	5:30-6:30 PM	4:45-5:45PM	5:30-6:30 PM	4:45-5:45PM	
<b>Advanced Silver (5 Practices/week)</b>					
Advanced Silver	6:30-7:45 PM	5:15-7:00 PM	6:30-7:45 PM	5:15-7:00 PM	4:45-6:00 PM
<b>Gold (5 Practices/week)</b>					
Gold	6:30-8:00 PM	5:15-7:15 PM	6:30-8:00 PM	5:15-7:15 PM	5:30-7:00 PM

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

9/7/2019