

# SCOTTSDALE AQUATIC CLUB

## NORTH SCOTTSDALE FALL 2018 PRACTICE SCHEDULE (August 13-November 4)

| 11-12 DIVISION |    | MONDAY                                     | TUESDAY                 | WEDNESDAY   | THURSDAY                  | FRIDAY                  | SATURDAY   |
|----------------|----|--|-------------------------|---|---------------------------|-------------------------|--|
| GOLD           | AM | OFF  | OFF                     | SWIM 5:30-7:00 @ Cactus                                     | OFF                       | OFF                     | DRYLAND 8:30-9:15am; SWIM 9:15-11:00am @ Chap *w/ Silver B |
|                | PM | DRYLAND 5:30-6:30; SWIM 6:30-7:30 @ Cactus | SWIM 4:00-6:00 @ Cactus | OFF   | SWIM 4:00-6:00 @ Cactus   | SWIM 5:30-7:30 @ Cactus |  |
| SILVER B       | AM | OFF  | OFF                     | OFF   | OFF                       | SWIM 5:30-7:00 @ Cactus | DRYLAND 8:30-9:15am; SWIM 9:15-11:00am @ Chap *w/ Gold     |
|                | PM | SWIM 5:30-6:30; DRYLAND 6:30-7:30 @ Cactus | SWIM 5:45-7:30 @ Cactus | SWIM 5:45-7:30 @ Cactus                                     | SWIM 5:45-7:30 @ Cactus   | OFF                     |  |
| BRONZE B       |    | SWIM 6:00-7:30pm @ Cactus                  | OFF                     | DRYLAND 5:30-6:00pm; SWIM 6:00-7:30pm @ Cactus *w/ Bronze A | SWIM 6:00-7:30pm @ Cactus | OFF                     | SWIM 9:15-11:00am @ Chap *w/ Bronze A                      |
| BRONZE A       |    |  |                         |   |                           |                         |  |

| 10&U DIVISION |  | MONDAY                                     | TUESDAY                 | WEDNESDAY                 | THURSDAY                  | FRIDAY                                | SATURDAY                                     |
|---------------|--|--|-------------------------|---------------------------|---------------------------|---------------------------------------|--|
| SILVER A      |  | DRYLAND 5:30-6:30; SWIM 6:30-7:30 @ Cactus | SWIM 5:45-7:30 @ Cactus | SWIM 4:30-6:15pm @ Cactus | OFF                       | SWIM 5:00-7:00pm @ Chap *w/ Blue      | SWIM 8:00-9:30am @ Cactus                    |
| BLUE          |  | SWIM 5:30-6:30; DRYLAND 6:30-7:30 @ Cactus | OFF                     | SWIM 6:00-7:30pm @ Cactus | SWIM 6:00-7:30pm @ Cactus | SWIM 5:00-7:00pm @ Chap *w/ Silver A  | SWIM 9:30-11:00am @ Cactus                   |
| RED A         |  | SWIM 6:00-7:00pm @ MMR                     | OFF                     | SWIM 6:00-7:00pm @ MMR    | OFF                       | SWIM 5:00-6:00pm @ Cactus *w/ Red B   | <b>CLINIC</b><br>11:00am-12:00pm<br>@ Cactus |
| RED B         |  | OFF  | SWIM 5:00-6:00pm @ MMR  | OFF                       | SWIM 5:00-6:00pm @ MMR    | SWIM 5:00-6:00pm @ Cactus *w/ Red A   |  |
| WHITE A       |  | SWIM 5:15-6:00pm @ MMR                     | OFF                     | SWIM 5:15-6:00pm @ MMR    | OFF                       | SWIM 4:15-5:00pm @ Cactus *w/ White B |  |
| WHITE B       |  | OFF  | SWIM 4:15-5:00pm @ MMR  | OFF                       | SWIM 4:15-5:00pm @ MMR    | SWIM 4:15-5:00pm @ Cactus *w/ White B |  |
| PRE-COMP A    |  | OFF  | SWIM 5:00-5:45pm @ MMR  | OFF                       | SWIM 5:00-5:45pm @ MMR    | OFF                                   |  |
| PRE-COMP B    |  | OFF  | SWIM 5:45-6:30pm @ MMR  | OFF                       | SWIM 5:45-6:30pm @ MMR    | OFF                                   |  |

CACTUS--Cactus Park Aquatic Center (7202 E Cactus Rd)

MMR--McDowell Mountain Ranch Aquatic Center (15525 N Thompson Peak Pkwy)

CHAP--Chaparral Aquatic Pool (5401 N Hayden Rd)

ELDO--Eldorado Aquatic Center (2301 N Miller Rd)