SCOTTSDALE AQUATIC CLUB

FALL 2024 PRACTICE SCHEDULE (AUGUST 12 - NOVEMBER 2, 2024)

SENIOR DIVISIOI	V	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AM	SWIM 5:05-6:20am	OFF	GYM 5:05-6:20am	SWIM 5:05-6:20am	OFF	
		Cactus		Cactus	Cactus		T
NATIONAL		Group 1 SWIM 3:15-4:50pm;					SWIM 6:00-8:00am GYM 8:00-9:00am
		DRY 5:00-6:00pm	SWIM 3:15-5:30pm	SWIM 3:30-5:30pm	OFF	SWIM 3:15-5:30pm	
	PM	Group 2 DRY 3:15-4:15pm;					
		SWIM 4:25-6:00pm					
		Cactus	Cactus	Chaparral		Cactus	Cactus
SECTIONAL	AM	OFF	GYM 5:05-6:20am	OFF	SWIM 5:05-6:20am	OFF	GYM 7:00-8:00am SWIM 8:00-9:30am
	AM		Cactus		Cactus	Cactus	
	PM	SWIM 3:30-5:30pm	SWIM 3:30-5:30pm	SWIM 3:30-5:30pm	OFF	SWIM 3:30-5:30pm	
	1	Chaparral	Cactus	Cactus		Cactus	
				1	1	1	
		OFF	SWIM 5:05-6:20am	OFF	OFF	OFF	SWIM 7:30-9:00am DRY 9:00-10:00am
	AM	011		011	0.1	5.1	
ENIOR			Cactus				
Littor	PM	SWIM 5:00-7:00pm	OFF	SWIM 5:00-7:00pm	SWIM 3:30-5:30pm	SWIM 3:30-5:30pm	
	PM	Chaparral		Chaparral	Cactus	Cactus	
		Спарапаі		Спарапаі	Cactus	Cactus	Cactus
							1
		055	011111111111111111111111111111111111111	RY 5:15-5:45pm	014/114 5 00 7 00	off.	014/114.0.00 40.00
IIGH SCHOOL DEV.		OFF	SWIM 6:00-7:30pm	RY 5:15-5:45pm SWIM 5:45-7:00pm	SWIM 5:30-7:00pm	OFF	SWIM 9:00 - 10:30am
HIGH SCHOOL DEV.		OFF	SWIM 6:00-7:30pm Chap		SWIM 5:30-7:00pm Cactus	OFF	SWIM 9:00 - 10:30am Cactus
IGH SCHOOL DEV.	-	OFF	<u> </u>	SWIM 5:45-7:00pm	•	OFF	
		OFF	<u> </u>	SWIM 5:45-7:00pm	•	OFF FRIDAY	
	AM		Chap	SWIM 5:45-7:00pm Cactus	Cactus		Cactus
3-14 DIVISION	AM	MONDAY	Chap	SWIM 5:45-7:00pm Cactus	Cactus	FRIDAY	SATURDAY SWIM 7:30-9:00am
3-14 DIVISION	АМ	MONDAY	TUESDAY OFF	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus	THURSDAY GYM 5:05-6:20am Cactus	FRIDAY OFF	Cactus
3-14 DIVISION	AM PM	MONDAY OFF	Chap	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am	THURSDAY GYM 5:05-6:20am	FRIDAY	SATURDAY SWIM 7:30-9:00am
3-14 DIVISION		MONDAY OFF SWIM 3:30-5:00pm	TUESDAY OFF	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus	THURSDAY GYM 5:05-6:20am Cactus	FRIDAY OFF	SATURDAY SWIM 7:30-9:00am
		MONDAY OFF SWIM 3:30-5:00pm DRY 5:00-6:00pm	TUESDAY OFF SWIM 3:30-5:30pm	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus	THURSDAY GYM 5:05-6:20am Cactus SWIM 3:30-5:30pm	FRIDAY OFF SWIM 5:30-7:30pm	SATURDAY SWIM 7:30-9:00am GYM 9:00-10:00am
3-14 DIVISION	PM	MONDAY OFF SWIM 3:30-5:00pm DRY 5:00-6:00pm	TUESDAY OFF SWIM 3:30-5:30pm	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus	THURSDAY GYM 5:05-6:20am Cactus SWIM 3:30-5:30pm	FRIDAY OFF SWIM 5:30-7:30pm	SATURDAY SWIM 7:30-9:00am GYM 9:00-10:00am
3-14 DIVISION 3-14 GOLD		MONDAY OFF SWIM 3:30-5:00pm DRY 5:00-6:00pm Cactus	Chap TUESDAY OFF SWIM 3:30-5:30pm Chaparral SWIM 5:05-6:20am	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus OFF	THURSDAY GYM 5:05-6:20am Cactus SWIM 3:30-5:30pm Chaparral	FRIDAY OFF SWIM 5:30-7:30pm Cactus	SATURDAY SWIM 7:30-9:00am GYM 9:00-10:00am Cactus DRY 7:15-8:00am
3-14 DIVISION 3-14 GOLD	PM	MONDAY OFF SWIM 3:30-5:00pm DRY 5:00-6:00pm Cactus OFF	Chap TUESDAY OFF SWIM 3:30-5:30pm Chaparral SWIM 5:05-6:20am Cactus	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus OFF	Cactus THURSDAY GYM 5:05-6:20am Cactus SWIM 3:30-5:30pm Chaparral OFF	FRIDAY OFF SWIM 5:30-7:30pm Cactus OFF	SATURDAY SWIM 7:30-9:00am GYM 9:00-10:00am Cactus
3-14 DIVISION 3-14 GOLD	PM AM	MONDAY OFF SWIM 3:30-5:00pm DRY 5:00-6:00pm Cactus OFF DRY 4:30-5:30pm	Chap TUESDAY OFF SWIM 3:30-5:30pm Chaparral SWIM 5:05-6:20am	SWIM 5:45-7:00pm Cactus WEDNESDAY SWIM 5:05-6:20am Cactus OFF	THURSDAY GYM 5:05-6:20am Cactus SWIM 3:30-5:30pm Chaparral	FRIDAY OFF SWIM 5:30-7:30pm Cactus	SATURDAY SWIM 7:30-9:00am GYM 9:00-10:00am Cactus DRY 7:15-8:00am
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