

This is a multi-page document. If the date you are looking for is not in this view,
page through the document to find the desired practice date range.

CAA--Cedar Park

Short Course Practice Schedule

Short Course Season 2024 - 2025

Sep 3 - Nov 27 / Dec 2 - Dec 21 / Jan 6 - Mar 13

Updated 08/17/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Stars	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Bronze	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver	5:15-6:15 PM SW	5:15-6:45 PM SW/DL	5:15-6:15 PM SW	5:15-6:45 PM SW/DL	off	9:00-10:00 AM SW
Gold	5:30-7:45 PM DL/SW	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:30-7:45 PM DL/SW	5:00-6:30 PM SW	8:00-9:30 AM SW
National Development	5:30-8:00 PM DL/SW	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:30-8:00 PM DL/SW	5:00-6:30 PM SW	8:00-10:00 AM SW

Dryland Schedule (DL)

Silver		6:15-6:45 PM		6:15-6:45 PM		
Gold	5:30-6:15 PM	5:30-6:15 PM		5:30-6:15 PM		
National Development	5:30-6:15 PM	5:30-6:15 PM		5:30-6:15 PM		

Practice Changes

No practice: Sep 2, Oct 14, Jan 20, and Feb 17

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CAA--Cedar Park Short Course Practice Schedule

Short Course Season 2024 - 2025

Nov 25 - Nov 30 / Dec 23 - Jan 4

Updated 08/17/2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Stars	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Bronze	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
Silver	5:15-6:15 PM SW	5:15-6:15 PM SW	5:15-6:15 PM SW	5:15-6:15 PM SW	off	9:00-10:00 AM SW
Gold	5:30-7:45 PM DL/SW	5:30-7:45 PM DL/SW	6:15-7:45 PM SW	5:30-7:45 PM DL/SW	5:00-6:30 PM SW	8:00-9:30 AM SW
National Development	5:30-8:00 PM DL/SW	5:30-8:00 PM DL/SW	6:15-8:00 PM SW	5:30-8:00 PM DL/SW	5:00-6:30 PM SW	8:00-10:00 AM SW

Dryland Schedule (DL)

Gold	5:30-6:15 PM	5:30-6:15 PM		5:30-6:15 PM		
National Development	5:30-6:15 PM	5:30-6:15 PM		5:30-6:15 PM		

There will be no dryland for Silver over the holiday schedule

Practice Changes

No practice: Nov 28, Nov 29, Nov 30, Dec 24, Dec 25, Dec 26, Dec 31, and Jan 1

Exceptions: National Development will practice on Nov 30, Dec 26, and Dec 31