

New South Swimming

Summer Training Schedule (subject to change)

(begins June 11)

Practice Group	Day	Time	Location
Bronze Group	Monday	9:00-10:00	MCAC
	Wednesday	9:00-10:00	Cordelia
	Friday	10:00-11:00	MCAC
Silver Group	Monday	8:45-10:15	Cordelia
	Tuesday	9:00-10:30	Cordelia
	Wednesday	8:45-10:15	Cordelia
	Friday	9:45-11:15	MCAC
Gold & Pre II Groups	Monday	9:00-10:45	MCAC
	Tuesday	7:15-9:00	Cordelia
	Wednesday	8:30-10:15	Cordelia
	Thursday	8:30-10:15	Cordelia
	Friday	9:00-10:45	MCAC
Pre Senior I & Senior	Monday	6:45-9:15 2:45-4:30	Cordelia MCAC
	Tuesday	5:30-7:45 + 40 minutes for weights 2:45-4:30	MCAC MCAC
	Wednesday	6:45-9:15 4:00-5:45	Cordelia MCAC

Practice Group	Day	Time	Location
	Thursday	7:45-10:00 + 40 minutes for weights	MCAC
	Friday	6:45-9:15 2:45-4:30	Cordelia MCAC
	Saturday	8:00-10:30 + 40 minutes for weights	MCAC