

# CAA--Cedar Park

Short Course Season 2023-2024 Practice Schedule

August 21, 2023 - March 07, 2024

Updated 11/15/23

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze</b>	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm	off	off
<b>Silver</b>	5:15-6:45pm SW/DL	5:15-6:15pm SW	5:15-6:45pm SW/DL	5:15-6:15pm SW	off	9:00-10:00am SW
<b>Gold</b>	5:45-7:45pm DL/SW	6:15-7:45pm SW	5:45-7:45pm DL/SW	6:15-7:45pm SW	5:00-6:30pm SW	8:00-9:30am SW
<b>National Development</b>	5:45-8:00pm DL/SW	6:15-8:00pm SW	5:45-8:00pm DL/SW	6:15-8:00pm SW	5:00-6:30pm SW	8:00-10:00am SW

Practice changes on weekends with swim meets and holiday schedule changes will be emailed to members.

"DL" is for dryland; on DL days, swimmers should come with shoes and weather-appropriate attire and bring a yoga mat.

Dryland: Monday and Wednesday

Silver 6:15-6:45

Gold/ND 5:45-6:15