

Nashville Aquatic Club
Long Course Training Schedule 2009

****** Monday May 25, 2009 – Memorial Day ******

Blue: 9:00-11:30am (Sportsplex)
Red: 9:00-11:00am (Sportsplex)
Green & White: No practice

Tuesday May 26, 2009 – June 5, 2009:

Blue:
Monday – Friday 6:30-8:30am (Maryland Farms YMCA)
Monday, Tuesday, Thursday 6:00-8:00pm (Sportsplex)
Wednesday & Friday 4:00-6:00pm (Sportsplex)
Saturday 9:00-11:30am (Sportsplex)

Red:
Monday, Wednesday, Thursday, Friday 8:30-10:00am (Maryland Farms YMCA)
Monday, Tuesday, Thursday 6:00-7:30pm (Sportsplex)
Wednesday & Friday 4:30-6:00pm (Sportsplex)
Saturday 9:00-11:00am (Sportsplex)

Green & White:
Monday, Wednesday, Thursday 3:00-4:00pm (ISC)
Monday, Thursday, Friday 4:15-5:15pm (Sportsplex)

June 6, 2009 – July 26, 2009:

Blue:
Monday – Friday 6:30-8:30am (Maryland Farms YMCA)
Wednesday 4:00-6:00pm (Sportsplex)
Saturday 9:00-11:30am (Sportsplex)

Red:
Monday, Wednesday, Thursday, Friday 8:30-10:00am (Maryland Farms YMCA)
Wednesday 4:30-6:00pm (Sportsplex)
Saturday 9:00-11:00am (Sportsplex)

Green & White:
Monday, Wednesday, Thursday 3:00-4:00pm (ISC)
Monday, Thursday, Friday 4:15-5:15pm (Sportsplex)