

Columbus Aquatic Club

2024-2025 Short Course (Aug-March) Practice Schedule
MODIFIED FEBRUARY 2026

Group	Practices (Includes Swim and Dryland)
Cat 1	Mon/Wed Group: M/W 4:00-4:45pm, Sa 9:30 – 10:15 am Tues/Thurs Group: T/TH 5:30-6:15pm, Sa 10:15 – 11:00 am
Cat 2	M/T/W/Th 4:00 -5:15pm Sat 10:00 – 11:00 am
Cat 3	M/W 4:45-6:15pm T/Th 4:00-5:30pm Sat 8:00 am-9:30am
Cat 4	M/W/F 5:30 - 7:15pm T/Th 5:30-7:30pm Sat 8:00-11:00am
Cat 5	M/W 5:00-7:45pm T/Th 5:00-7:30pm Fri 6am - 7:30am (begins in Oct) & 4:45-7:30pm Sat 8:00-11:00am
Masters	M/W/F - (Written Workout) Sat 8-9am (Coached)

Swimmers should arrive 10 minutes early to set up gear and begin dynamic warm-ups.

Note: Dryland times for CAT 2-5 will vary based on the coach's practice plans and swimmers should carry sneakers and mats/towels each day.

