

**Columbus Aquatic Club**  
**2025-2026 Short Course (Aug-Mar) Practice Schedule**  
 Begins Aug 11, 2025

<b>Group</b>	<b>Practice Time (Includes swim and dryland training)</b>
Cat 1	<b>Mon/Wed Group:</b> M/W 4:00-4:45pm, Sa 10:00-10:45am <b>Tues/Thurs Group:</b> T/TH 5:30-6:15pm, Sa 10:00-10:45am
Cat 2	M/T/W/Th 4:00 -5:15pm Sat 9:45-10:45am
Cat 3	M/W 4:45-6:15pm T/Th 4:00-5:30pm Sat 8:00 am-9:45am
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.

