

Columbus Aquatic Club

2025-2026 April – May 2026 Practice Schedule

Begins Monday, April 6 and continues through Saturday, May 23

| Group | Practices (Includes Swim and Dryland) |
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| Cat 1 | Mon/Wed Group: M/W/F 4:00-4:45pm Tues/Thurs Group: T/TH 5:30-6:15pm, Fri 4:45-5:30pm |
| Cat 2 | M/T/W/Th/F 4:00 -5:15pm |
| 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 8:00-10:00am |
| Cat 5 | M/W 5:00-7:45pm T/Th 5:00-7:30pm Fri 6am - 7:30am (begins in late April/early May) & 4:45-7:30pm Sat 8:00-10:30 am |
| 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.

