

# Columbus Aquatic Club

## 2026-2027 Short Course (Aug-March) Practice Schedule

| Group    | Practices (Includes Swim and Dryland)                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Cat 1    | 1A: M/W/F 4:00-4:45pm<br>1B: T/Th 6:30-7:15pm; S 9:15 - 10am                                                                                                                                                                                                                                                                                                                                                                                                       |
| Cat 1.5  | M/W 4:45 – 5:45pm; F 4-5pm; S 10:00–11:00am<br>(NOT CURRENTLY OPEN FOR REGISTRATION – WILL OPEN AS NEEDED)                                                                                                                                                                                                                                                                                                                                                         |
| Cat 2    | M/W 4:00–5:30pm (incl. Drylands); T/TH 4-5pm; S 10:00–11:00am                                                                                                                                                                                                                                                                                                                                                                                                      |
| Cat 3    | M/W 4:30-6pm (incl. Drylands)<br>T/Th 4:00-5:30pm<br>Sat 8:00 – 9:15am                                                                                                                                                                                                                                                                                                                                                                                             |
| Cat 4    | M/W 6:15–7:45pm<br>T/Th/F 5-7pm (incl. Drylands, except Friday)<br>Sat 8:00-11:00am (incl. drylands)                                                                                                                                                                                                                                                                                                                                                               |
| Cat 5/AP | M/W 5:45-7:45pm<br>T/Th 5:15-7:15pm<br>F 5:00 – 7:15pm<br>Sat 8:00-11:00am (incl. drylands)<br><b>AP Canes</b> hours to be added will be starting late September/early October. Final start date TBA – It will be hours added Tuesday, Thursday, and some Friday evenings.<br>The Dryland times are not included on M-F – We are considering an outside entity to run part of our dryland program, and the final plan will be announced once it has been finalized |
| Masters  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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

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

