



**UPDATED (\*) 2023 CUDAS Practice Schedule**

**All practices at the Northcrest Pool**

**Monday April 24- Tuesday April 25**

Ages 8 & under: 4:30-5:00 pm **(NEW CUDAS ONLY)**

\*Ages 9 & Over: 5:00-5:30 pm **(NEW CUDAS ONLY)**

**Monday April 24 – Tuesday April 25**

\*Ages 6 & under: 5:30-6:00 pm **(RETURNING CUDAS ONLY)**

\*Ages 7-10: 6:00-6:45 pm **(RETURNING CUDAS ONLY)**

\*Ages 11 & over: 6:45-7:30 pm **(RETURNING CUDAS ONLY)**

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**FULL TEAM PRACTICE:**

**STARTING WEDNESDAY APRIL 26: WEDNESDAY April 26 THROUGH Thursday May 25**

Ages 9-10: 4:40-5:20 pm

Ages 7-8: 5:20-6:00 pm

Ages 6 & under: 6:00-6:30 pm

\*Ages 15 & OVER: 6:30-7:15 pm (All Junior Coaches swim 6:30-7:15 pm)

\*Ages 11-14: 7:15-8:00 pm

**\*All Friday's, April 28 through May 26**

Ages 9-10: 4:40-5:20 pm

Ages 7-8: 5:20-6:00 pm

Ages 6 & under: 6:00-6:30 pm

Ages 11 & over: 6:30-7:30 pm

Exceptions:

- Friday Spirit Parties- TBA
- Monday, May 29 - no practice - Memorial Day
- Monday, June 5 - no practice - Sprint Sizzler

**Summer Schedule: Choose AM or PM option (1 practice per day)**

**Mornings: Monday through Friday, May 30 – June 16** (No morning practice Monday June 5)

Ages 7-10- 8:00-8:45 am

Ages 6 & under- 8:45-9:15 am

Ages 11 & Over- 9:15-10:15 am

**Evenings: Monday through Thursday, May 30- June 15** (No evening practice Monday June 5)

Ages 10 & under 5:00 - 5:45 pm (3 lanes only)

Ages 11 & up 5:45 - 6:30 pm (3 lanes only)

**Trinity/Ponderosa Qualifiers Schedule: Monday June 19 through Friday June 23 (no evenings)**

Ages 10 & under- 8:30 - 9:30 am

Ages 11 & over- 9:30 - 10:30 am

No evening practice.