

Crawfish Aquatics at Nicholls Schedule August 16 to October 29

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Novice	Off	6:30-7:30pm	Off	6:30-7:30pm	Off	Off
Middle *School*	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	Off	Off
Age Group 1	4:45-5:30pm	4:45-5:30pm	4:45-5:30pm	4:45-5:30pm	Off	Off
Age Group 2	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	5:30-6:30pm	Off	Off
Junior Red	6:00-7:15pm	4:30-5:45pm	6:00-7:15pm	4:30-5:45pm	Off	#9:00-10:30am# DL 10:40-11:10
Junior White	6:00-7:30pm	4:30-6:00pm	6:00-7:30pm	4:30-6:00pm	Off	#9:00-10:30am# DL 10:40-11:10
Senior Red	4:00-5:30pm	DL 4:20-4:50pm 5:00-6:30pm	4:00-5:30pm	DL 4:20-4:50pm 5:00-6:30pm	4:00-5:30pm	Off
Senior White	3:45-5:45pm DL 5:50-6:25pm	6:00-7:45pm	3:45-5:45pm DL 5:50-6:25pm	6:00-7:45pm	3:45-5:45pm	7:00-9:00am
Senior Black	3:45-5:45pm DL 5:50-6:25pm	6:00-7:45pm	3:45-5:45pm DL 5:50-6:25pm	6:00-7:45pm	3:45-5:45pm	7:00-9:00am
AM Practice	Off	Sr.Black/Masters 5:00-6:30am	Off	Sr.Black/Masters 5:00-6:30am	Off	
Masters	6:00-7:30pm	Sr.Black/Masters 5:00-6:30am	6:00-7:30pm	Sr.Black/Masters 5:00-6:30am	Off	
Middle School and Novice will run August 23 Through October 29						
# Jr. Red/White will be on the Friday's 4:00-5:30p with DL 5:45-6:15pm instead of Saturdays during ED White Meets. Meet Times TBD.						
Masters 6:00-7:30pm will be on own.						
DL= Dryland. Dryland workouts will begin on Monday, August 30, 2021.						
AM Practices (Sr. Black/Masters) will begin on Wednesday, September 1, 2021						