

MEDFORD AUGUST CLINIC SCHEDULE

August 2024

Session Start: Thursday, 8/1/2024 / Session End: Friday, 8/30/2024

This is a complete program offering, not a monthly drop-in program. Commitment to team participation, enrollments, and payments are for the scheduled program length. Late enrollments are honored with head coach approval and the availability to add swimmers in a group based on capacity limits.

**Athletes must arrive no earlier or later than 5 minutes prior to their swim session start (unless otherwise noted).
Athletes arriving later than 5 minutes PRIOR to their session start will be turned away.**

There is no dryland training offered with the August programs.

GOLD MONTHLY TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	7 - 9 PM	7:30 - 9:30 PM	7:30 - 9:30 PM	7 - 9 PM	7:30 - 9:30 PM	--	--

To sign up visit www.ccerpants.com and click on Meets & Events (lower right corner).

NOVICE CLINIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	5 - 6 PM	5 - 6 PM	3 - 4 PM	5 - 6 PM	--	--

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INTERMEDIATE CLINIC

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim	--	6 - 7:30 PM	6 - 7:30 PM	4 - 5:30 PM	6 - 7:30 PM	--	--

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Schedule as of July 29, 2024