



2025 NKU Fall Schedule

Starts 9/2 (The schedule is subject to change in order to best serve the needs of all groups)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIOR Starts 9/2	Dyn 3:30-3:45pm Sw 3:45-5:45pm	Dyn 3:30-3:45pm Sw 3:45-5:45pm DL 6:00-6:45pm	Dyn 3:30-3:45pm Sw 3:45-5:45pm	Dyn 3:30-3:45pm Sw 3:45-5:45pm DL 6:00-6:45pm	Dyn 3:30-3:45pm Sw 3:45-5:45pm	DL 6:30am Sw 6:45-8:45am DL 9:00-10:00am
COPPER Starts 9/2	Dyn 3:30-3:45pm Sw 3:45-5:00pm	OFF	Dyn 3:30-3:45pm Sw 3:45-5:00pm	OFF	Dyn 3:30-3:45pm Sw 3:45-5:00pm	OFF
BLUE Starts 9/8	DL 6:00-6:45pm Sw 7:00-8:45pm	Sw 3:45-5:30pm	DL 6:00-6:45pm Sw 7:00-8:45pm	DL 4:45-5:30pm Sw 5:30-7:15pm	Sw 7:00-8:45pm	Dyn 6:45am Sw 7:00-8:45am DL 9:00-10:00am
GOLD Starts 9/8	Sw 6:00-7:30pm DL 7:45-8:15pm	Sw 7:00-8:30pm	Sw 6:00-7:30pm DL 7:45-8:15pm	OFF	Sw 5:45-7:15pm	DL 8:00-8:40am Sw 8:45-10:15am
SILVER Starts 9/15	DL 5:00-5:30pm Sw 5:45-7:00pm	Sw 5:45-7:00pm	DL 5:00-5:30pm Sw 5:45-7:00pm	Sw 7:00-8:15pm	OFF	DL 9:45am Sw 10:15am-11:30am
BRONZE Starts 9/15	Sw 5:00-6:00pm	OFF	Sw 5:00-6:00pm	OFF	Sw 5:00-6:00pm DL 6:15-6:45pm	DL 11:00am Sw 11:15am-12:15pm

Key: DL = Dryland, Dyn = Dynamic, Sw = Swim