

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------------|---|--------------------------|---|--|---------------------------|---------------------------|
| | May 30 | May 31 | June 1 | June 2 | June 3 | June 4 | June 5 |
| Senior Elite | Memorial Day | 4:45-5:25pm dryland 5:30-7:00pm swim | SSDL individually | 4:45-5:25pm dryland 5:30-7:00pm swim | 4:45-5:25pm dryland 5:30-7:00pm swim EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Senior | Memorial Day | 5:00-5:40pm dryland 5:45-7:00pm swim | 5:45-7:00pm swim | 5:00-6:30pm swim 6:35-7:00pm dryland | 5:30-7:00pm swim EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Senior Fit | Memorial Day | 5:00-5:40pm dryland 5:45-7:00pm swim | 5:45-7:00pm swim | 5:00-5:40pm dryland 5:45-7:00pm swim | EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Junior Elite | Memorial Day | 4:00-5:00pm swim 5:05-5:30pm dryland | SSDL Individually | 4:00-5:00pm swim 5:05-5:30pm dryland | 4:00-5:30pm swim 5:35-6:00pm dryland EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Junior Advanced | Memorial Day | 4:45-5:45pm swim | 4:45-5:45pm swim | | 4:00-5:15pm swim EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Junior | Memorial Day | 4:00-5:00pm swim | 4:45-5:45pm swim | 4:45-5:45pm swim | 4:45-5:30pm swim EC LCM Meet at RAA | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Senior Development | Memorial Day | | 4:00-4:45pm swim | 4:00-4:45pm swim | 4:00-4:45pm swim | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Junior Development | Memorial Day | 4:00-4:45pm swim | 4:00-4:45pm swim | | 4:45-5:30pm swim | EC LCM Meet at RAA | EC LCM Meet at RAA |
| Pre Team | Memorial Day | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | | |
| Senior Pre Comp | Memorial Day | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | | |
| Junior Pre Comp | Memorial Day | 5:30-6:00pm Otters | 5:30-6:00pm Whales | 5:30-6:00pm Otters | 5:30-6:00pm Whales | | |

Monday May 30th - Memorial Day, no swim practice

Monday June 6th - Summer schedule begins