



Loveland Swim Club 2024-25 Short Course Practice Schedule

(November 18th – May 2025 Winter Schedule **as of 11/12/24**)

Boltz (SR2)

M-T-W-R-F @ LHS

W-S @ MVAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-7:30 am (MVAC)		5:30-7:30 am (LHS)	7:30-9:30 am (MVAC)
5:45-7:45 pm (LHS)*	5:45-7:45 pm (LHS)*	5:45-7:45 pm (LHS)*	5:45-7:45 pm (LHS)*		

Meets & Holidays (No Practice) – 11/28, 12/14, 12/24, 12/25, 1/1, 1/18, 2/15, 3/7, 3/8 (Alternate 12/31 Practice TBA)

*15 minutes of GAIN dryland to begin the session.

Lightning (JR3)

M-T-W-R-F-S @ MVAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-7:00 am (MVAC)			7:30-9:30 am (MVAC)
5:45-7:30 pm* (MVAC)	5:45-7:30 pm* (MVAC)		5:45-7:30 pm* (MVAC)	5:45-7:30 pm* (MVAC)	

Meets & Holidays (No Practice) – 11/28, 12/13, 12/24, 12/25, 1/1, 1/17, 1/18, 2/14, 2/15, 3/7, 3/8 (Alternate 12/31 Practice TBA)

*15 minutes of GAIN dryland to begin the session.

Thunder (SR1-High School)

M @ LHS

T-W-R-S @ MVAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:30-9:00 am (MVAC)
6:00-7:45 pm (LHS)*	5:45-7:30 pm* (MVAC)	6:00-7:30 pm (MVAC)	5:45-7:30 pm* (MVAC)		

Meets & Holidays (No Practice) – 11/28, 12/14, 12/24, 12/25, 1/1, 1/18, 2/15, 3/7, 3/8 (Alternate 12/31 Practice TBA)

*15 minutes of GAIN dryland to begin the session.



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Storm (JR2-Middle School)

M-T-W-R-S @ MVAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00-10:30 am (MVAC)
6:00-7:30 pm (MVAC)	6:00-7:30 pm (MVAC)	6:00-7:30 pm (MVAC)	6:00-7:30 pm (MVAC)		

Meets & Holidays (No Practice) – 11/28, 12/14, 12/24, 12/25, 1/1, 1/18, 2/15, 3/8 (Alternate 12/31 Practice TBA)

Hurricane (AG3)

M-W-F-S @ MVAC

T-R @ DHAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00-10:30 am (MVAC)
5:45-7:15 pm* (MVAC)	6:00-7:15 pm (DHAC)*	6:00-7:30 pm (MVAC)	6:00-7:15 pm (DHAC)*	5:45-7:15 pm* (MVAC)	

Meets & Holidays (No Practice) – 11/28, 12/13, 12/24, 12/25, 1/1, 1/17, 1/18, 2/14, 2/15, 3/7, 3/8 (Alternate 12/31 Practice TBA)

*15 minutes of GAIN dryland to begin the session.

Cyclone (AG2)

M-W-F @ MVAC

T-R @ DHAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:15 pm (MVAC)	6:00-7:15 pm (DHAC)*	6:00-7:15 pm (MVAC)	6:00-7:15 pm (DHAC)*	6:00-7:15 pm (MVAC)	

Meets & Holidays (No Practice) – 11/28, 12/13, 12/24, 12/25, 12/31, 1/1, 1/17, 2/14, 3/7 (Alternate 12/31 Practice TBA)

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Surge (AG1)

M-T-W-R @ DHAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:15 pm (DHAC)*	6:00-7:15 pm (DHAC)*	6:00-7:15 pm (DHAC)*	6:00-7:15 pm (DHAC)*		

Meets & Holidays (No Practice) – 11/28, 12/24, 12/25, 12/31, 1/1 (Alternate 12/31 Practice TBA)

*15 minutes of GAIN dryland to begin the session.

Splash

M-W-R @ DHAC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7 pm (DHAC)*		6:00-7 pm (DHAC)*	6:00-7 pm (DHAC)*		

Meets & Holidays (No Practice) – 11/28, 12/25, 1/1, 2/28

*15 minutes of GAIN dryland to begin the session.