



# Life Time Centennial Swim Team

## 2020 LCM Practice Schedule



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
SENIOR	Same as Gold		Same as Gold		Same as Gold		Same as Gold		Same as Gold		Same as Gold	
GOLD	4:30-5p	Dryland & Stretch	4:30-5p	Dryland & Stretch	4:30-5p	Dryland & Stretch	4:30-5p	Dryland & Stretch	5-5:30p	Classroom / Video	8:30-9a	Drylands & Stretch
	5-6:30p	Swim	5-6:30p	Swim	5-6:30p	Swim	5-6:30p	Swim	5:30-7p	Swim		
	6:30-7p	Late Dryland & Stretch Opt.	6:30-7p	Late Dryland & Stretch Opt.	6:30-7p	Late Dryland & Stretch Opt.	6:30-7p	Late Dryland & Stretch Opt.				
SILVER	4-5p	Early Swim Opt.	4-5p	Early Swim Opt.	4-5p	Early Swim Opt.	4-5p	Early Swim Opt.	5-5:30p	Classroom / Video	8:30-9a	Drylands & Stretch
	6-6:30p	Dryland & Stretch	6-6:30p	Dryland & Stretch	6-6:30p	Dryland & Stretch	6-6:30p	Dryland & Stretch	5:30-7p	Swim	9-10:30a	Swim
	6:30-7:45p	Swim	6:30-7:45p	Swim	6:30-7:45p	Swim	6:30-7:45p	Swim				
BRONZE	4-5p	Swim	4-5p	Swim	4-5p	Swim	4-5p	Swim	4-4:30p	Classroom / Video	8-9a	Swim
	5-5:30p	Dryland & Stretch	5-5:30p	Drylands & Stretch	5-5:30p	Drylands & Stretch	5-5:30p	Drylands & Stretch			9-9:30a	Drylands & Stretch
	6:30-7:45p	Late Swim Opt.	6:30-7:45p	Late Swim Opt.	6:30-7:45p	Late Swim Opt.	6:30-7:45p	Late Swim Opt.	4:30-5:30p	Swim		
DEVELOPMENTAL II	5-6p	Make Up Swim Opt.	5-6p	Swim	5-6p	Make Up Swim Opt.	5-6p	Swim	4-4:30p	Classroom / Video	Rest	
									4:30-5:30p	Swim		
DEVELOPMENTAL I	5-6p	Swim	5-6p	Make Up Swim Opt.	5-6p	Swim	5-6p	Make Up Swim Opt.	4-4:30p	Classroom / Video	Rest	
									4:30-5:30p	Swim		

Gold / Senior: 5 of 6 practices during week

Silver: 4 of 6 practices during week

Bronze: 3 of 6 practices during week

Developmental I, II & Bronze-Flex: 2 of 3 practices during week

**Members: at least 1 Lane in Lap Pool will be available to share during swim team practice times**

