

Windermere Lakers Club Team Practice Times - 2023-2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lakers Select	OFF	5:00AM - 7:00AM (LCM) @ Rosen	OFF	5:00AM - 7:00AM (LCM) @ Rosen	5:00AM - 7:00AM (LCM) @ Rosen	6:00AM - 9:00AM (LCM) @ Rosen
	3:30PM - 6:00PM (SCY) @ Rosen	3:30PM - 6:00PM (SCY) @ Rosen	2:30PM - 5:00PM (SCY) @ Rosen	3:30PM - 6:00PM (SCY) @ Windermere Prep	3:30PM - 6:00PM (SCY) @ Windermere Prep	OFF
Senior I	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	6:00AM - 9:00AM (LCM) @ Rosen
	3:30PM - 6:00 PM (SCY) @ Rosen	3:30PM - 6:00PM (SCY) @ Rosen	2:30PM - 5:00PM (SCY) @ Rosen	3:30PM - 6:00PM (SCY) @ Windermere Prep	3:30PM - 6:00PM (SCY) @ Windermere Prep	OFF
Senior II	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	6:30AM - 8:30AM (SCY) @ Windermere Prep
	5:30PM - 7:30PM (SCY) @ Rosen	6:00PM - 8:00PM (SCY) @ Windermere Prep	3:30PM - 5:30PM (SCY) @ Windermere Prep	6:00PM - 8:00PM (SCY) @ Windermere Prep	OFF	OFF
Pre-Senior	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	OFF	5:15AM - 6:45AM (SCY) @ Windermere Prep	6:30AM - 8:30AM (SCY) @ Windermere Prep
	5:30PM - 7:30PM (SCY) @ Rosen	6:00PM - 8:00PM (SCY) @ Windermere Prep	3:30PM - 5:30PM (SCY) @ Windermere Prep	6:00PM - 8:00PM (SCY) @ Windermere Prep	OFF	OFF
Blue	5:00PM - 7:30PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 7:30PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 7:30PM (SCY) @ Windermere Prep	9:00AM - 11:00AM (LCM) @ Rosen
White	5:00PM - 7:00PM (SCY) @ Windermere Prep	5:00PM - 6:30PM (SCY) @ Rosen	5:00PM - 7:00PM (SCY) @ Windermere Prep	5:00PM - 6:30PM (SCY) @ Rosen	5:00PM - 7:00PM (SCY) @ Windermere Prep	9:00AM - 10:30AM (LCM) @ Rosen
Red 3	6:00PM - 7:00PM @ Windermere Prep	6:30PM - 8:00PM @ Windermere Prep	5:30PM - 6:30PM @ Windermere Prep	6:30PM - 8:00PM @ Windermere Prep	OFF	8:30AM - 10:30AM @ Windermere Prep
Red 2	5:00PM - 6:00PM @ Windermere Prep	6:30PM - 7:30PM @ Windermere Prep	5:30PM - 6:30PM @ Windermere Prep	6:30PM - 7:30PM @ Windermere Prep	OFF	10:00AM - 11:30AM @ Windermere Prep
Red 1	OFF	4:15PM - 5:00PM @ Windermere Prep 5:45PM - 6:30PM @ Windermere Prep	4:15PM - 5:00PM @ Windermere Prep	4:15PM - 5:00PM @ Windermere Prep 5:45PM - 6:30PM @ Windermere Prep	OFF	OFF
Locations	Windermere Prep (WP) 6189 Winter Garden Vineland Rd Windermere, FL 34786			Rosen Aquatic Center (Rosen) 8422 International Dr Orlando, FL 32819		