

## Laker Swim Team Practice Times (Summer 2024)

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lakers Select	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen
	OFF	2:00PM - 4:00PM (SCY) @ Windermere Prep	OFF	AFTERNOON TBA	OFF	OFF
Senior I	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen	6:30AM - 9:00AM (LCM) @ Rosen
	OFF	2:00PM - 4:00PM (SCY) @ Windermere Prep	OFF	AFTERNOON TBA	OFF	OFF
Senior II	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen
	OFF	4:00PM - 6:00PM (SCY) @ Windermere Prep	OFF	AFTERNOON TBA	OFF	OFF
Pre-Senior	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen
	OFF	4:00PM - 6:00PM (SCY) @ Windermere Prep	OFF	AFTERNOON TBA	OFF	OFF
Blue	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen
	OFF	OFF	OFF	AFTERNOON TBA	OFF	OFF
White	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen	9:00AM - 11:00AM (LCM) @ Rosen
	OFF	OFF	OFF	AFTERNOON TBA	OFF	OFF
Red 3	7:30AM - 9:15AM (SCY) @ Windermere Prep	10:30AM - 12:00PM (LCM) @ Rosen	7:30AM - 9:15AM (SCY) @ Windermere Prep	10:30AM - 12:00PM (LCM) @ Rosen	OFF	9:00AM - 11:00AM (SCY) @ Windermere Prep
	OFF	OFF	OFF	OFF	OFF	OFF
Red 2	8:00AM - 9:15AM (SCY) @ Windermere Prep	10:30AM - 12:00PM (LCM) @ Rosen	8:00AM - 9:15AM (SCY) @ Windermere Prep	10:30AM - 12:00PM (LCM) @ Rosen	OFF	9:00AM - 11:00AM (SCY) @ Windermere Prep
	OFF	OFF	OFF	OFF	OFF	OFF
Red 1	Red 1: Track 1 (Recommended Attendance: Three Practices)					
	OFF	8:00AM - 9:00AM @ Windermere Prep (SCY)	8:00AM - 9:15AM @ Windermere Prep (SCY)	8:00AM - 9:00AM @ Windermere Prep (SCY)	OFF	8:00AM - 9:00AM @ Windermere Prep (SCY)
	Red 1: Track 2 (Recommended Attendance: Three Practices)					
	OFF	5:30 PM - 6:30 PM @ Windermere Prep (SCY)	8:00 AM - 9:15 AM @ Windermere Prep (SCY)	5:30 PM - 6:30 PM @ Windermere Prep (SCY)	OFF	8:00 AM - 9:00 AM @ Windermere Prep (SCY)
Locations	Windermere Prep (WP) 6189 Winter Garden Vineland Rd Windermere, FL 34786			Rosen Aquatic Center (Rosen) 8422 International Dr Orlando, FL 32819		