

Laker Swim Practice Times - WINTER/SPRING 2025-2026						
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior National	5:00AM - 6:30AM (SCY) @ Rosen	OFF	5:00AM - 6:30AM (SCY) @ Rosen	OFF	5:00AM - 6:30AM (SCY) @ Rosen	6:00AM - 7:00AM Weights 7:00AM - 9:00AM (SCY) @ Rosen
	3:30PM - 5:30PM (SCY) @ Rosen	3:15PM - 5:00PM (SCY) 5:00PM - 6:00PM Weights @ Rosen	OFF	3:15PM - 5:00PM (SCY) 5:00PM - 6:00PM Weights @ Rosen	3:30PM - 5:00PM (SCY) @ Windermere Prep	
Senior I	5:00AM - 6:30AM (SCY) @ Rosen	5:15AM - 6:45AM @ Windermere Prep	5:00AM - 6:30AM (SCY) @ Rosen	OFF	5:00AM - 6:30AM (SCY) @ Rosen	6:00AM - 7:00AM Weights 7:00AM - 9:00AM (SCY) @ Rosen
	3:30PM - 5:30PM (SCY) @ Rosen	3:30PM - 5:00PM (SCY) 5:00PM - 6:00PM Weights @ Rosen	OFF	3:30PM - 5:00PM (SCY) 5:00PM - 6:00PM Weights @ Rosen	OFF	
Senior II	OFF	5:15AM - 6:45AM @ Windermere Prep	5:15AM - 6:45AM @ Windermere Prep	OFF	5:15AM - 6:45AM @ Windermere Prep	9:00AM - 11:00 AM (SCY) @ Rosen
	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 6:30PM (SCY) @ Rosen	OFF	5:00PM - 6:30PM (SCY) @ Rosen	OFF	
Pre-Senior I* <i>Schedule Subject to Change</i>	5:00AM - 6:30AM (SCY) @ Rosen	5:15AM - 6:45AM @ Windermere Prep	5:00AM - 6:30AM (SCY) @ Rosen	OFF	5:00AM - 6:30AM (SCY) @ Rosen	6:00AM - 7:00AM Weights 7:00AM - 9:00AM (SCY) @ Rosen
	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 6:30PM (SCY) @ Rosen	OFF	5:00PM - 6:30PM (SCY) @ Rosen	OFF	
Pre-Senior II	OFF	5:15AM - 6:45AM @ Windermere Prep	5:15AM - 6:45AM @ Windermere Prep	OFF	5:15AM - 6:45AM @ Windermere Prep	9:00AM - 11:00 AM (SCY) @ Rosen
	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 6:30PM (SCY) @ Rosen	OFF	5:00PM - 6:30PM (SCY) @ Rosen	OFF	
Blue	5:00PM - 7:00PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 7:00PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 7:00PM (SCY) @ Windermere Prep	9:00AM - 11:00AM (SCY) @ Rosen
White	5:00PM - 6:30PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 6:30PM (SCY) @ Windermere Prep	5:00PM - 7:00PM (SCY) @ Rosen	5:00PM - 6:30PM (SCY) @ Windermere Prep	9:00AM - 10:30AM (SCY) @ Rosen
Red 2	Red 2: Track 1					Red 2: ALL
	OFF	6:00PM - 7:30PM (SCY) @ Rosen	6:00PM - 7:30PM (SCY) @ Rosen	6:00PM - 7:30PM (SCY) @ Rosen	OFF	10:30AM - 12:30PM (SCY) @ Windermere Prep
	Red 2: Track 2					
	OFF	6:15PM - 7:45PM (SCY) @ Windermere Prep	6:00PM - 7:30PM (SCY) @ Rosen	6:15PM - 7:45PM (SCY) @ Windermere Prep	OFF	
Red 1	Red 1: Track 1					Red 1: ALL
	5:00PM - 6:00PM @ Rosen	OFF	5:00PM - 6:00PM @ Rosen	OFF	OFF	9:00AM - 10:30AM @ Windermere Prep
	Red 1: Track 2					
	OFF	4:15PM - 5:15PM @ Windermere Prep	OFF	4:15PM - 5:15PM @ Windermere Prep	OFF	
	Red 1: Track 3					
	OFF	5:15PM - 6:15PM @ Windermere Prep	OFF	5:15PM - 6:15PM @ Windermere Prep	OFF	
Locations	Windermere Prep (WP) 6189 Winter Garden Vineland Rd Windermere, FL 34786			Rosen Aquatic Center (Rosen) 8422 International Dr Orlando, FL 32819		