



2024 LC Spring Practice Schedule 4/8 - 6/5

NOTE: Regular Season ends Thursday 7/11/24
This practice schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Competition Pool LCM						
10 & Under Prep Swim	5:00p-6:10p Training Pool (3-8)	Off	5:00p-6:10p Training Pool (3-8)	Off	5:00p-6:10p Training Pool (3-8)	10:30a-12:00p Training Pool (2-8)	
10 & Under Swim	6:15p-7:45p Training Pool (2-8)	Off	6:15p-7:45p Training Pool (2-8)	6:15p-7:45p Training Pool (2-8)	6:15p-7:45p Training Pool (2-8)	10:30a-12:00p Training Pool (2-8)	
11-12 (Blue Group) Pierre's Group	6:10p-7:50p East Pool (3-6)	6:10p-7:50p East Pool (3-6)	6:10p-7:50p East Pool (3-6)	6:10p-7:50p East Pool (3-6)	6:10p-7:50p Comp (LC) (7-8)	10:30a-12:15p Comp (LC) (7-8)	
11-12 (Red Group) John's Group	6:10p-7:50p East Pool (7-11)	6:10p-7:50p East Pool (7-11)	6:10p-7:50p East Pool (7-11)	6:10p-7:50p East Pool (7-11)	6:10p-7:50p Comp (LC) (5-6)	10:30a-12:15p Comp (LC) (5-6)	
Senior Prep (Dryland)** TBA							
Senior Prep (Swim)	6:10p-8:00p West Pool (1-7)	6:10p-8:00p West Pool (1-7)	6:10p-8:00p West Pool (1-7)	6:10p-8:00p West Pool (1-7)	6:10p-8:00p Comp (LC) (1-4)	10:30a-12:30p Comp (LC) (1-4)	
Senior (Dryland)** TBA							
Senior (Swim)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	4:20p-6:10p West Pool (1-7)	Stations 4:15p-6:10p Training+LC (6-9)	8:30a-10:30a Comp (LC) (1-4)	
National (Dryland)					5:20a-6:30a		9:40a-10:50a
National (Swim)	4:15p-6:10p East Pool (1-11)	4:15p-6:10p East Pool (1-11)	4:15p-6:10p East Pool (1-11)	4:15p-6:10p East Pool (1-11)	4:15p-6:10p Training+LC (1-5)		7:30a-9:30a Comp (LC) (1-8)

FMC Natatorium

Training Pool

East Competition Pool

West Competition Pool

Competition Pool (LC)

All Swimmers must bring the required equipment items to practice everyday.

Athletes should be on deck 10 min prior to practice sessions. Some practices may be canceled when there is a meet.

10 & Under Prep should attend 3 out of 4 practices and 10 & Unders should attend 4 out of the 5 practices