



# 2024 LC Summer Practice Schedule

## 6/5 - 7/31

NOTE: Regular Season ends Thursday 7/11/24

*This practice schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10 &amp; Under Prep</b>	5:00p-6:10p Training/Comp		5:00p-6:10p Training Pool		5:00p-6:10p Training/Comp	10:30a-12:00p Training Pool	
<b>10 &amp; Under</b>	6:15p-7:45p Training/Comp 1-4		6:15p-7:45p Training Pool	6:15p-7:45p Training Pool	6:15p-7:45p Training/Comp 1-4	10:30a-12:00p Training Pool	
<b>Competition Pool (LC)</b>							
<b>11-12 (Blue Group) Pierre's Group</b>	6:00p-7:45p (7-8)	6:00p-7:45p (7-8)	6:00p-7:45p (7-8)	6:00p-7:45p (7-8)	6:00p-7:45p (7-8)	10:30-12:15p (7-8)	
<b>11-12 (Red Group) John's Group</b>	6:00p-7:45p (5-6)	6:00p-7:45p (5-6)	6:00p-7:45p (5-6)	6:00p-7:45p (5-6)	6:00p-7:45p (5-6)	10:30-12:15p (5-6)	
<b>Senior Prep (Dryland)</b>		4:45p-5:20p	4:45p-5:20p	4:45p-5:20p			
<b>Senior Prep (Swim)</b>	10:30a - 12:30p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)	10:30a-12:30p (1-4) 5:30p-7:00p (1-4)	10:30a - 12:30a (1-4)	10:30a - 12:30p (1-4)	
<b>Senior (Dryland)</b>		7:30a-8:20a	7:30a-8:20a	7:30a-8:20a			
<b>Senior (Swim)</b>	8:30a-10:30a (1-4)	8:30a - 10:30a (1-4) 5:30p-7:00p (1-4)	8:30a - 10:30a (1-4) 5:30p-7:00p (1-4)	8:30a - 10:30a (1-4) 5:30p-7:00p (1-4)	8:30a-10:30a (1-4)	8:30a-10:30a (1-4)	
<b>National (Dryland)</b>	5:30p-6:30p		5:30p-6:30p	5:30p-6:30p			
<b>National (Swim)</b>	6:10a-8:20a (1-9) 3:00p-5:15p (1-8)	6:10a-8:20a (1-9)	3:00p-5:15p (1-8)	6:10a-8:20a (1-9) 3:00p-5:15p (1-8)	6:10a-8:20a (1-9)		7:30a-10:00a (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 & Under should attend 4 out of the 5 practices