



## 2026 LC Early Spring Practice Schedule

### 4/6 - 4/26

**NOTE: Regular Season ends Friday 7/24/26**

*This practice schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 and U Swim</b>	5:00p-6:00p Training Pool (1-6)	Off	5:00p-6:00p Training Pool (1-6)	Off	5:00p-6:00p Training Pool (1-6)	11:15a-12:45p West Pool (1-6)	No Practice
<b>9/10 Swim</b>	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	11:15a-12:45p West Pool (1-6)	No Practice
<b>11-12 (Blue Group) Pierre's Group</b>	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	10:00a-11:45a East Pool (1-4)	No Practice
<b>11-12 (Red Group) Annie's Group</b>	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	10:00a-11:45a East Pool (5-10)	No Practice
<b>Senior Prep (Dryland) Start TBD</b>		5:00p-6:00p		5:00p-6:00p			No Practice
<b>Senior Prep (Swim)</b>	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	9:15a-11:15a West Pool (1-9)	No Practice
<b>Senior (Dryland) Start TBD</b>		6:20p-7:20p		6:20p-7:10p			No Practice
<b>Senior (Swim)</b>	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	7:15a-9:15a West Pool (1-9)	No Practice
<b>National (Dryland) Start TBD</b>	6:20p-7:20p		6:20p-7:20p				No Practice
<b>National (Swim)</b>	4:10p-6:10p East Pool (1-10)	4:10p-6:10p East Pool (1-10)	4:10p-6:10p East Pool (1-10)	4:10p-6:10p East Pool (1-10)	4:10p-6:10p East Pool (1-10)	7:30a-10:00a East Pool (1-10)	No Practice

#### 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



## 2025 LC Spring Practice Schedule

### 4/27-5/31

**NOTE: Regular Season ends Friday 7/24/26**

*This practice schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Competition Pool LCM						
<b>8 and U Swim</b>	5:00p-6:00p Training Pool (1-6)	Off	5:00p-6:00p Training Pool (1-6)	Off	5:00p-6:00p Training Pool (1-6)	9:30a-11:00a Comp (LC) (6-7)	
<b>9/10 Swim</b>	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	9:30a-11:00a Comp (LC) (6-7)	
<b>11-12 (Blue Group) Pierre's Group</b>	6:10p-7:50p East Pool (1-4)	(1-8)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p East Pool (1-4)	6:10p-7:50p Comp (LC) (1-2)	9:30a-11:15a Comp (LC) (1-2)	
<b>11-12 (Red Group) Annie's Group</b>	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p East Pool (5-10)	6:10p-7:50p Comp (LC) (3-5)	9:30a-11:15a Comp (LC) (3-5)	
<b>Senior Prep (Dryland)</b>		5:00p-6:00p		5:00p-6:00p			
<b>Senior Prep (Swim)</b>	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	6:10p-8:00p West Pool (1-9)	No Practice	7:30a-9:30a Comp (LC) (1-8)	9:30a-11:30a Comp (LC) (1-8)
<b>Senior (Dryland)</b>		6:20p-7:20p		6:20p-7:20p			
<b>Senior (Swim)</b>	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	4:20p-6:10p West Pool (1-9)	No Practice	7:30a-9:30a Comp (LC) (1-8)	9:30a-11:30a Comp (LC) (1-8)
<b>National (Dryland)</b>	6:20p-7:20p		6:20p-7:20p				
<b>National (Swim)</b>	4:15p-6:10p East Pool (1-10)	4:15p-6:10p East Pool (1-10)	4:15p-6:10p East Pool (1-10)	4:15p-6:10p East Pool (1-10)	4:15p-6:10p Comp (LC) (1-7)		7:30a-9:30a Comp (LC) (1-7)

#### 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



# 2025 LC Summer Practice Schedule

## 6/1 - 7/24

**NOTE: Regular Season ends Friday 7/24/26**

*This practice schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 and U Swim</b>	5:00p-6:00p Training Pool (1-6)	6:10p-7:30p Training Pool (1-8)	5:00p-6:00p Training Pool (1-6)	6:10p-7:30p Training Pool (1-8)	5:00p-6:00p Training Pool (1-6)		
<b>9/10 Swim</b>	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	6:10p-7:30p Training Pool (1-8)	9:30a-11:00a Comp (LC) (6-7)	
	<b>Competition Pool (LC)</b>						
<b>11-12 (Blue Group) Pierre's Group</b>	6:10p-7:50p (8-9)	6:10p-7:50p (8-9)	6:10p-7:50p (8-9)	6:10p-7:50p (8-9)	6:10p-7:50p (8-9)	9:30a-11:15p (1-2)	
<b>11-12 (Red Group) Annie's Group</b>	6:10p-7:50p (5-7)	6:10p-7:50p (5-7)	6:10p-7:50p (5-7)	6:10p-7:50p (5-7)	6:10p-7:50p (5-7)	9:30a-11:15p (3-5)	
<b>Senior Prep (Dryland)</b>	5:10p-6:00p		5:10p-6:00p				
<b>Senior Prep (Swim)</b>	6:10p-8:00p (1-4)	6:10p-8:00p (1-4)	6:10p-8:00p (1-4)	6:10p-8:00p (1-4)	6:10p-8:00p (1-4)	7:30a-9:30a (1-9)	
<b>Senior (Dryland)</b>		7:30a-8:20a		7:30a-8:20a			
<b>Senior (Swim)</b>	4:10p-6:10p (6-9)	8:30a - 10:30a (1-4) 4:10p-6:10p (6-9)	4:10p-6:10p (6-9)	8:30a - 10:30a (1-4) 4:10p-6:10p (6-9)	4:10p-6:10p (6-9)	7:30a-9:30a (1-9)	
<b>National (Dryland)</b>		5:40p-6:40p		5:40p-6:40p			
<b>National (Swim)</b>	6:10a-8:30a (1-7) 3:00p-5:30p (1-7)	3:00p-5:30p (1-7)	6:10a-8:30a	6:10a-8:30a (1-7) 3:00p-5:30p (1-7)	6:10a-8:30a (1-7)		7:30a-10:00a (1-7)

### 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