



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
8 and U Swim	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
9/10 Swim	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
11-12 (Blue Group) Pierre's Group	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
11-12 (Red Group) Annie's Group	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
Senior Prep (Dryland) Start TBD		5:00p-6:00p		5:00p-6:00p			No Practice
Senior Prep (Swim)	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
Senior (Dryland) Start TBD		6:20p-7:20p		6:20p-7:10p			No Practice
Senior (Swim)	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
National (Dryland) Start TBD	6:20p-7:20p		6:20p-7:20p				No Practice
National (Swim)	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	
8 and U Swim	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)	
9/10 Swim	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)	
11-12 (Blue Group) Pierre's Group	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)	
11-12 (Red Group) Annie's Group	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)	
Senior Prep (Dryland)		5:00p-6:00p		5:00p-6:00p			
Senior Prep (Swim)	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)
Senior (Dryland)		6:20p-7:20p		6:20p-7:20p			
Senior (Swim)	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)
National (Dryland)	6:20p-7:20p		6:20p-7:20p				
National (Swim)	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		All Swimmers must bring the required equipment items to practice everyday.					
Training Pool							
East Competition Pool							
West Competition Pool							
Competition Pool (LC)							



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
8 and U Swim	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)		
9/10 Swim	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)	
Competition Pool (LC)							
11-12 (Blue Group) Pierre's Group	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)	
11-12 (Red Group) Annie's Group	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)	
Senior Prep (Dryland)	5:10p-6:00p		5:10p-6:00p				
Senior Prep (Swim)	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)	
Senior (Dryland)		7:30a-8:20a		7:30a-8:20a			
Senior (Swim)	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)	
National (Dryland)		5:40p-6:40p		5:40p-6:40p			
National (Swim)	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)
<u>FMC Natatorium</u> 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					