

SWIM TEAM

2023-2024 ~ LCY BRANCH WINTER PRACTICE SCHEDULE



Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver	12:00-1:15pm	6:00-7:00pm	OFF	OFF	5:45-6:15pm	OFF	OFF
Purple	OFF	OFF	5:15-6:15pm	6:00-7:00pm	OFF	OFF	8:30-9:45am
Arctic	1:15-3:00pm	7:00-8:15pm		7:00-8:30pm	OFF	OFF	OFF
Blue	3:00-5:00pm	4:45-6:00pm	6:15-8:00pm	OFF	6:15-8:00pm	OFF	OFF
Senior	8:00am-10:00am	4:15-6:15pm @ BCY	OFF	4:15-6:15pm @ BCY	6:30-8:30pm @ BCY	4:15-5:45pm @ BCY	OFF
Stroke & Conditioning 10 & Under A	OFF	6:00-6:30pm	OFF	6:00-6:30pm	OFF	OFF	OFF
Stroke & Conditioning 10 & Under B		6:30-7:00pm		6:30-7:00pm			