

## 2023 LCM Summer Practice Schedule

**June 10, 2024 - End of Season**

*Please note subject to change regarding meets/holidays/high school functions/etc.*

Additional 12U practice will be offered M,T,W,Th at MMW in the evening for Blue/Black roster groups 6:15-7:30PM.

Developmental

Day	In-Water	Location
<b>Monday</b>	4:30PM-5:30PM	MME
<b>Tuesday</b>	4:30PM-5:30PM	MME
<b>Wednesday</b>	4:30PM-5:30PM	MME
<b>Thursday</b>	4:30PM-5:30PM	MME
<b>Friday</b>		
<b>Saturday</b>		

White

Day	Dryland	In-Water	Location
<b>Monday</b>		4:30PM-5:30PM	MME
<b>Tuesday</b>		4:30PM-5:30PM	MME
<b>Wednesday</b>		4:30PM-5:30PM	MME
<b>Thursday</b>		4:30PM-5:30PM	MME
<b>Friday</b>			
<b>Saturday</b>			

Blue

Day	Dryland	In-Water	Location
<b>Monday</b>		9:30AM-10:30AM	MME
<b>Tuesday</b>		9:30AM-10:30AM	MME
<b>Wednesday</b>		9:30AM-10:30AM	MME
<b>Thursday</b>		9:30AM-10:30AM	MME
<b>Friday</b>		10:00 to 12:00 PM	Bloomington
<b>Saturday</b>			

Black

Day	Dryland	In-Water	Location
<b>Monday AM</b>		8:00 to 10:30 AM	MME
<b>Tuesday</b>		8:00 to 10:30 AM	MME
<b>Wednesday</b>		8:00 to 10:30 AM	MME
<b>Thursday</b>		8:00 to 10:30 AM	MME
<b>Friday</b>		10:00 to 12:00 PM	Bloomington
<b>Saturday</b>		7:15 AM-8:30 AM	MMW

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### Junior

Day	Dryland	In-Water	Location
<b>Monday</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday</b>	11:00 AM-11:30 AM	11:30AM-1:00PM	MME
<b>Wednesday</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday</b>	11:00 AM-11:30 AM	11:30AM-1:00PM	MME
<b>Friday</b>		11:30AM-1:00PM	MME
<b>Saturday</b>	8:15 to 8:30 AM	8:30 to 10:00 AM	MME

### Senior

Day	Dryland	In-Water	Location
<b>Monday</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Wednesday</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Friday AM</b>	7:30 to 8:00 AM	8:00 to 9:30 AM	MME
<b>Friday</b>		3:00 to 4:30 PM	MME
<b>Saturday</b>	6:30 to 7:00 AM	7:00 to 8:30 AM	MME

### Senior Plus

Day	Dryland	In-Water	Location
<b>Monday</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Wednesday</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Friday AM</b>	9:30 to 10:00 AM	10:00 to 11:30 AM	MME
<b>Friday</b>		3:00 to 4:30 PM	MME
<b>Saturday</b>	6:30 to 7:00 AM	7:00 to 8:30 AM	MME

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Senior Elite

Day	Dryland	In-Water	Location
<b>Monday</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Tuesday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Wednesday</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday AM</b>		10:00 to 12:00 PM	Bloomington
<b>Thursday</b>	2:30 to 3:00 PM	3:00 to 4:30 PM	MME
<b>Friday AM</b>	9:30 to 10:00 AM	10:00 to 11:30 AM	MME
<b>Friday</b>		3:00 to 4:30 PM	MME
<b>Saturday</b>	6:30 to 7:00 AM	7:00 to 8:30 AM	MME

