

Deerfield LTSO 2025-2026 Practice Schedule

Practice Group	Days	Warm up to Swim	Water	Dryland
Developmental 2 (Ages 5-10)	Tuesday	5:00pm-5:15pm	5:15pm-6:00pm	NO DRYLAND
	Wednesday			
	Thursday			
Developmental 3 (Ages 6-10)	Tuesday	6:00pm-6:15pm	6:15pm-7:00pm	NO DRYLAND
	Wednesday			
	Thursday			
Bronze (Ages 6-10)	Tuesday	6:45pm-7:00pm	7:30pm-8:30pm	7:00pm-7:30pm
	Wednesday	5:00pm-5:15pm	5:15pm-6:15pm	NO DRYLAND
	Thursday	5:30pm-5:45pm	6:15pm-7:15pm	5:45pm-6:15pm
Silver 1 (Ages 9-13)	Tuesday	6:45pm-7:00pm	7:30pm-8:30pm	7:00pm-7:30pm
	Thursday	6:30pm-6:45pm	7:15pm-8:30pm	6:45pm-7:15pm
	Friday	6:15pm-6:30pm	6:30pm-7:30pm	NO DRYLAND
Silver 2 (Ages 9-12)	Monday	5:30pm-5:45pm	6:15pm-7:15pm	5:45pm-6:15pm
	Wednesday	5:45pm-6:00pm	6:30pm-7:45pm	6:00pm-6:30pm
	Thursday	5:30pm-5:45pm	6:15pm-7:15pm	5:45pm-6:15pm
	Friday	4:45pm-5:00pm	5:00pm-6:00pm	NO DRYLAND
Silver 3 (Ages 11-15)	Monday	4:45pm-5:00pm	5:00pm-6:15pm	6:15pm-6:45pm
	Tuesday	5:30pm-5:45pm	6:15pm-7:30pm	5:45pm-6:15pm
	Thursday	4:45pm-5:00pm	5:00pm-6:15pm	6:15pm-6:45pm
	Friday	5:45pm-6:00pm	6:30pm-7:45pm	6:00pm-6:30pm
	Saturday	10:00am-10:15am	10:15am-11:30am	NO DRYLAND
Gold (Ages 13-16)	Monday	5:45pm-6:00pm	6:30pm-8:15pm	6:00pm-6:30pm
	Tuesday	4:15pm-4:30pm	5:00pm-6:15pm	4:30pm-5:00pm
	Wednesday	4:15pm-4:30pm	5:00pm-6:30pm	4:30pm-5:00pm
	Friday	4:15pm-4:30pm	5:00pm-6:30pm	4:30pm-5:00pm
	Saturday	8:30am-8:45am	8:45am-10:15am	NO DRYLAND
Senior (Ages 14-18)	Monday	3:00pm-3:15pm	3:15pm-5:00pm	5:15pm-6:00pm
	Tuesday	3:00pm-3:15pm	3:15pm-5:00pm	5:15pm-6:00pm
	Wednesday	3:00pm-3:15pm	3:15pm-5:00pm	5:15pm-6:00pm
	Thursday	3:00pm-3:15pm	3:15pm-5:00pm	5:15pm-6:00pm
	Friday	3:00pm-3:15pm	3:15pm-5:00pm	5:15pm-6:00pm
	Saturday	6:45am-7:00am	7:00am-8:45am	TBD

****LP = Leisure Pool**

***Swimmers are required to have a water bottle or sports drink at every practice**

***Swimmers must be at practice on time unless previously communicated with their Coach**

***Swimmers must have ALL equipment ready for every practice before practice begins**