

June 3rd - July 18th LTSO Practice Schedule

Practice Group	Days	Times	Coaches
Silver 1 & Silver 2	Monday	8:15a-9:15a	Coach Nate Coach Daniel
	Tuesday	8:15a-9:15a	
	Wednesday	8:15a-9:15a	
	Thursday	8:15a-9:15a	
	Friday	8:15a-9:15a	
Gold 1	Monday	9:15a-10:30a	Coach Nate Coach Derek
	Tuesday	9:15a-10:30a	
	Wednesday	9:15a-10:30a	
	Thursday	9:15a-10:30a	
	Friday	9:15a-10:30a	
Gold 2	Monday	7:00a-8:15a 12:30p-2:00p	Coach Derek Coach Nate
	Tuesday	7:00a-8:15a	
	Wednesday	7:00a-8:15a 12:30p-2:00p	
	Thursday	7:00a-8:15a	
	Friday	7:00a-8:15a	

*Swimmers currently in Silver 1, Silver 2, Gold 1, Gold 2 will switch to the above Practice schedule beginning Monday, June 3rd

*There will be **NO PRACTICE** Saturday, May 25th AND Monday, May 27th

*Dryland for Silver 1, Silver 2, Gold 1, Gold 2 will be determined and communicated by your Lead Group Coach