

YMCA of NORTHWEST LOUISIANA
SCY Practice Schedule –
Fall/Winter/Spring

Group	Mon	Tues	Wed	Thur	Fri	Sat	
Lil' Bolts (Level I)	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	4:30-5:15 pm	OFF	Turn End Lanes 6-8
Lightning Bolts (Level II)	Swim 5:20-6:20 pm Dryland (OPTIONAL) 6:30-7:00 pm	5:20-6:20 pm	5:20-6:20 pm	Swim 5:20-6:20 pm Dryland (OPTIONAL) 6:30-7:00 pm	5:20-6:20 pm	OFF	Turn End Lanes 6-8
Jr Bolts (Level III IV)	5:30-7:00 am 4:30-6:30 pm Dryland 6:30-7:00	4:30-6:30 pm	5:30-7:00 am 4:30-6:30 pm	4:30-6:30 pm Dryland 6:30-7:00	5:30-7:00 am 4:30-6:30 pm	7:15-9:15am Dryland 9:15-10:15	Scoreboard End Lanes 1-8
Senior Bolts	5:30-7:00 am 6:00-7:30 am 4:30-6:30 pm Dryland 6:30-7:00	4:30-6:30 pm	5:30-7:00 am 6:00-7:30 am 4:30-6:30 pm	4:30-6:30 pm Dryland 6:30-7:00	5:30-7:00 am 6:00-7:30 am 4:30-6:30 pm	7:15-9:15am Dryland 9:15-10:15	Scoreboard End Lanes 1-8