

LFC 2019 Swim & Dive Team Practice Schedule

NEW SWIMMERS: Introduction for first time LFC swimmers only

Practices: Tues., May 28 - Wed., May 29 - Thurs., May 30 - Fri., May 31

6 & Under: 4:30 - 5:15 pm

8 & Under: 4:30 - 5:15 pm

10 & Under: 5:15 - 6:15 pm

12 & Under and 15 & Under: 5:15 - 6:15 pm

RETURNING SWIMMERS: Welcome back former LFC swimmers

First practice: Tuesday, June 3

ALL SWIMMERS: Full team practice for both new and returning

First Week Practices: Tues., May 29 - Wed., May 30 - Thurs., May 31 - Fri., June 1

6 & Under: 4:30 - 5:15 pm

8 & Under: 4:30 - 5:15 pm

10 & Under: 5:15 - 6:15 pm

12 & Under and 15 & Under: 5:15 - 6:15 pm

Season Practices: Monday, June 10 through end of season

Monday through Friday Mornings (This may vary due to snow days)

15 & Under: 8:45 - 9:30 am

12 & Under: 8:45 - 9:30 am

10 & Under: 9:30 - 10:15 am

8 & Under: 10:15 - 11:00 am

6 & Under: 10:15 - 11:00 am

Monday and Wednesday Afternoons

(Only swimmers unable to attend morning practices due to summer school, camp, etc. Pool space is limited.)

6 & Under, 8 & Under, 10 & Under: 6:00 - 6:45 pm

12 & Under, 15 & Under: 6:45 - 7:30 pm

ALL DIVERS: Full team practice for new and returning divers

Introductory Practices: Tuesday, June 3 and Thursday, June 5

6 & Under, 8 & Under, 10 & Under: 5:00 - 5:45 pm

12 & Under, 15 & Under: 5:00 - 5:45 pm

Season Practices: Monday, June 10 through end of season

Monday through Friday Mornings

15 & Under, 12 & Under: 9:30 - 10:15 am

10 & Under, 8 & Under, 6 & Under: 9:30 - 10:15 am