

2020-21 LIQUID LIGHTNING SHORT COURSE PRACTICE SCHEDULE

Groups	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bronze	5:00 - 5:45	NO PRACTICE	5:00- 5:45	NO PRACTICE	5:00 - 5:45	NO PRACTICE
Silver	6:00 – 7:15	6:00 – 7:15	6:00 – 7:15	NO PRACTICE	6:00 - 7:15	NO PRACTICE
Gold	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	5:30 - 7:00	7:15 - 8:30	12:00 - 1:30
Senior	7:15 – 9:00	7:15 – 9:00	7:15 – 9:00	7:15 – 9:00	5:30 - 7:00	9:45 - 11:30 AM
Lightning 1	7:15 – 9:15	7:15 – 9:15	7:15 – 9:15	7:15 – 9:15	5:30 - 7:15	9:45 - 11:45 AM
Lightning 2	7:15 – 9:15	7:15 – 9:15	7:15 – 9:15	7:15 – 9:15	5:30 - 7:15	9:45 - 11:45 AM

Once we have clearance to use Lake Orion High Schools pool, we will begin phasing in our groups indoors. Do not bring your swimmer to their assigned practice time unless given permission to start from the Head Coach Darin Abbasse or Age Group Head Coach Jeremiah Morren.

Bronze and Silver groups will begin practice in the instructional pool.
Lightning, Senior and Gold will begin practice in the competition pool