

LHY Swimming

2021-2022 Short Course Practice Schedule

Group	Venue	Day	Practice Time
Senior 1 14/older	LHY	M	7:30-9 PM
	LHY	TU	6:30-8:30 PM
	Drew	W	6:45-8:45 PM
		TH	Off
	LHY	F	7-8:30 PM
	Drew	SA	11-1 PM
	Drew	SU	8:30-11 AM

Group	Venue	Day	Practice Time
Senior 2 14/older	LHY	M	5:30-7 PM
		TU	Off
	Drew	W	6:45-8:45 PM
	LHY	TH	6:30-8:30 PM
	LHY	F	7-8:30 PM
	LHY	SA	12:15-2:15 PM
	LHY	SU	8:30-11 AM

Senior 3 13/older	Drew	M	6:45-8:45 PM
		TU	Off
	LHY	W	7:30-8:30 PM
	LHY	TH	7-8:30 PM
	LHY	F	5:30-7 PM
	Drew	SA	11-1 PM
	Drew	SU	8:30-11 AM

Senior 4 13/older	Drew	M	6:45-8:45 PM
		TU	Off
	LHY	W	6:30-7:30 PM
	LHY	TH	5:30-7 PM
	LHY	F	5:30-7 PM
	Drew	SA	11-1 PM
	Drew	SU	8:30-11 AM

Age Group 1 11-12 yr olds	LHY	M	7:30-9 PM
	LHY	TU	5:30-7 PM
	Drew	W	6:45-8:45 PM
		TH	Off
	Drew	F	7:45-8:45 PM
		SA	Off (except for meets)
	LHY	SU	8:30-10:30 AM

Age Group 2 11-12 yr olds	LHY	M	7-9 PM
	LHY	TU	7-8:30 PM
	LHY	W	7:30-8:30 PM
		TH	Off
	Drew	F	6:45-8:15 PM
	LHY	SA	1:15-2:45 PM
		SU	Off (except for meets)

Age Group 3 9-12 yr olds	LHY	M	6:30-7:30 PM
	LHY	TU	6:30-7:30 PM
		W	Off
		TH	Off
	Drew	F	6:45-7:45 PM
	LHY	SA	2:45-4:15 PM
	LHY	SU	10:30-12 PM

Age Group 4 11/under	Drew	M	7:45-8:45 PM
		TU	Off
	LHY	W	6:30-7:30 PM
		TH	Off
	Drew	F	6:45-7:45 PM
	LHY	SA	2:15-3:15 PM
	LHY	SU	11:30-1 PM

Age Group 5 11/under	Drew	M	6:45-7:45 PM
		TU	Off
	LHY	W	5:30-6:30 PM
		TH	Off
	Drew	F	7:45-8:45 PM
	LHY	SA	12:15-1:15 PM
	LHY	SU	12-1 PM

Super Squad 1 8/under		M	Off
	Craig	TU	6:30-7:30 PM
		W	Off
	Craig	TH	6:30-7:30 PM
		F	Off
	LHY	SA	3:15-4:15 PM
	LHY	SU	11-12 PM

Super Squad 2 8/under		M	Off
	Craig	TU	5:30-6:30 PM
		W	Off
	Craig	TH	5:30-6:30 PM
		F	Off
		SA	Off (except for meets)
	LHY	SU	12-1 PM

Swimmers should arrive 5-10 minutes prior to their practice, not earlier.