

## LSC Practice Schedule for the season 2022/2023 updated 07/27/2022

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Junior Age Group	5:45-6:30pm	5:45-6:30pm	/	5:45-6:30pm	/	/	
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Silver	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:30-5:45pm	+7:30-8:00a 8:00-9:30am At the CAC	
Senior Development	/	/	/	/	/	6:00-8:00am +8:00-9:00a* At the CAC	Swim fit group can attend 4 practices a week!

There is no mandatory attendance, but the more attendance the more improvement, consistency is the key to success!