

LSC Practice Schedule for the season 2021/2022 updated 08/16/2021

Days Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
MM1	5:30-6:15pm	/	/	5:30-6:15pm	/	/	
MM2	5:30-6:30pm	/	/	5:30-6:30pm	/	10:00-11:00a	
A * indicates dryland workout All kids need to bring their workout shoes on the * days							
Age Group Bronze AGB	/	5:30-6:30pm	5:30-6:30pm	/	5:30-6:30pm	10:00-11:00a	Can sub 1 practice with AGS
Age Group Silver AGS	6:30-7:30pm	6:30-7:00p* 7:00-8:00pm	6:30-7:30pm	6:30-7:00p* 7:00-8:00pm	6:00-7:00pm	/	
Age Group Gold AGG	6:30-8:00pm	6:30-7:00p* +7:00-8:00p	6:30-8:00pm	6:30-7:00pm +7:00-8:00p	6:00-7:00pm	7:30-8:00am* 8:00-9:30am	Must attend all practices
Swim Fit	7:00-8:00pm	7:00-8:00pm	/	7:00-8:00pm	7:00-8:00pm	/	
Please arrive no longer than 10 mnts prior to practice start time							
Senior Dev SRD	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:30-6:00pm	4:30-5:45 +5:45-6:15*	4:30-5:45pm	6:00-8:00am 8:00-9:00am*	Can elect 5 practices a week
Senior Silver SRS	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:30-6:00pm	4:30-5:45 +5:45-6:15*	4:30-6:00pm	6:00-8:00am 8:00-9:00am*	7 practices a week+ 1am at CAC
Senior Gold SRG	4:30-6:00pm	4:30-5:45pm +5:45-6:15*	4:30-6:00pm	4:30-5:45 +5:45-6:15*	4:30-6:00pm	6:00-8:00am 8:00-9:00am*	Must Attend all practices + 3 AM at CAC

There is no mandatory attendance, but we would like to see your kids' happy faces as often as we can!