YMCA of NORTHWEST LOUISIANA
LCM Summer Practice Schedule

Practice Group	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Age Group Level I	5:00-5:45pm	9:45-10:30am	OFF	5:00-5:45pm	9:45-10:30am		Off
Coaches:	Tyler,	Tyler,		Tyler,	Tyler,		
Age Group Level II	Swim 5:45-6:35pm Dryland (optional) 6:40-7:00pm	8:45-9:45am	OFF	Swim 5:45-6:35pm Dryland (optional) 6:40-7:00pm	8:45-9:45am		Off
Coaches:	Tyler,	Tyler,		Tyler,	Tyler,		
Age Group Level III	Swim 9:00-10:15am Dryland 10:20-10:45am	9:00-10:15am	OFF	Swim 9:00-10:15am Dryland 10:20-10:45am	at SOUTHSIDE 9:00-10:15am	Dryland 8:30-9:00am Swim 9:00-10:30am	Off
Coaches:	Maribeth,	Maribeth,		Maribeth,	Maribeth,	Maribeth,	
Senior Level IV	Morning 7:00-8:30am Dryland 8:45-9:15am	Morning-Southside 7:00-9:00am	Morning-Southside 7:00-9:00am	Morning-Southside 7:00-9:00am	Morning 7:00-8:30am Dryland 8:45-9:15am	Swim 7:15-9:00am Dryland 9:10-9:30am On Deck	Off
Coaches:	John,	John,	John,	John,	John,	John,	
Senior Level V	Morning 7:00-9:00am Dryland 4:45-5:30pm	Morning-Southside 7:00-9:00am Afternoon-BHP 4:00-5:30 pm	Morning-Southside 7:00-9:00am Dryland-BHP 4:45-5:30pm	Morning-Southside 7:00-9:00am Afternoon-BHP 4:00-5:30 pm	Morning 7:00-9:00am	Swim 7:15-9:00am Dryland 9:10-10:00am CrossFit Room	
Coaches:	John,	John,	John,	John,	John,	John,	