



2018 Summer Practice Schedule

First Colony Area

Begins Friday, June 1st

LCISD students contact coach for adjusted schedule until school gets out

Competitive Team:

White A	Monday, Wednesday Friday	5:00 - 6:00 PM 5:00 – 6:00 PM	Don Cook Nat Aquatic Center
White B	Tuesday, Thursday Friday	6:15 - 7:15 PM 5:00 - 6:00 PM	Aquatic Center Aquatic Center
Red A	Monday, Wednesday Friday	6:15 - 7:15 PM 6:00 – 7:00PM	Aquatic Center Aquatic Center
Red B	Tuesday, Thursday Friday	5:00 – 6:00 PM 6:00 – 7:00 PM	Don Cook Nat Aquatic Center
Blue I A	Monday - Thursday Saturday	5:00 – 6:15 PM 8:00 – 9:30AM	Aquatic Center Settlers Park
Blue I B	Monday – Thursday Saturday	5:00 – 6:15 PM 8:00 – 9:30AM	Aquatic Center Settlers Park
Blue II	Monday – Thursday Saturday	6:00 – 7:30 PM 8:00 – 9:30AM	Don Cook Nat Settlers Park
Age Group I	Monday – Thursday Friday	5:00 – 6:45 PM 5:00 – 6:30 PM	Aquatic Center Aquatic Center
Age Group II	Monday – Friday Wednesday Saturday	9:15 - 11:00 AM 3:30 - 5:00 PM 8:30 – 10:15 AM	Aquatic Center Aquatic Center Colony Grant 6
Age Group III	Monday - Friday Monday, Wednesday Saturday	7:30 – 9:30 AM 3:30 - 5:00 PM 8:30 – 11:00AM	Don Cook Nat Aquatic Center Aquatic Center
Pre Senior I	Monday – Friday Saturday	6:15 – 8:00PM 8:30 – 10:00AM	Aquatic Center Colony Grant 6
Pre Senior II	Monday – Thursday Friday Monday and Wednesday Saturday	8:30-11:00AM 8:30-11:00AM 3:30-5:00 PM 8:30 – 11:00AM	Aquatic Center Aquatic Center Aquatic Center Aquatic Center



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Pre Senior III	Monday - Thursday	8:30 - 11:00 AM	Aquatic Center
	Friday	6:30 - 9:00AM	Aquatic Center
	Monday and Thursday	2:30 - 4:30 PM	Don Cook
	Saturday	8:30 – 11:00AM	Aquatic Center
Senior I	Monday, Tuesday, Thursday	6:30-9:30AM	Aquatic Center
	Wednesday	6:30-10:00AM	Aquatic Center
	Friday	6:30-9:00AM	Aquatic Center
	Monday and Thursday	2:30-4:30 PM	Don Cook
	Saturday	6:30-10:00AM	Aquatic Center
Senior II	Monday, Tuesday, Thursday	6:30-9:30AM	Aquatic Center
	Wednesday	6:30-10:00AM	Aquatic Center
	Friday	6:30-9:00AM	Aquatic Center
	Monday and Thursday	2:30-4:30 PM	Don Cook
	Saturday	6:30-10:00AM	Aquatic Center
Senior Elite	Monday	6:30-8:45 AM Swim	Aquatic Center
	Monday	9:15-10:15AM DL	Settlers Park
	Tuesday and Thursday	6:30 – 8:45 AM	Aquatic Center
	Wednesday	6:30 – 10:00 AM	Aquatic Center
	Friday	7:00 - 9:30 AM	Training Pool
	Saturday	6:30 – 10:00AM	Aquatic Center
	Mon, Tues, Thurs	2:00-4:30 PM	Training Pool