

Junior Practice Schedule

Junior I

Monday

→ 5:30pm - 7:00pm Swim @ Legends

Tuesday

→ 5:00pm - 6:30pm Swim @ Legends

→ Dryland until 7:30pm

Wednesday

→ 5:30pm - 7:00pm @ Legends

Thursday (LCM)

→ 5:00pm - 6:30pm Swim @ Legends

→ Dryland until 7:30pm

Friday

→ 5:30pm - 7:00pm Swim @ Legends

Saturday

→ Independent Dryland (Sessions sent through Aquastream)

Junior II

Monday

→ 5:00pm - 6:15pm Swim @ Legends

Wednesday / Friday

→ 5:30pm - 7:00pm @ Legends

Saturday

→ Independent Dryland (Sessions sent through Aquastream)



Senior Practice Schedule

Senior I

Monday

→ 5:30pm - 7:00pm Swim @ Legends

Tuesday

→ 4:45pm - 6:15pm Swim @ Legends

→ Dryland until 7:30pm

Wednesday

→ 5:30pm - 7:00pm @ Legends

Thursday (LCM)

→ 4:30pm - 6:45pm Swim @ Legends

→ Dryland until 7:30pm

Friday

→ 5:30pm - 7:00pm Swim @ Legends

Senior II (Formerly Marauders)

Monday / Wednesday / Friday

→ 5:30pm - 7:00pm Swim @ Legends



Junior Performance Practice Schedule

Sunday

- 3:00pm - 4:30pm Swim @ Legends
- 4:30pm - 5:00pm AIM Session
- Dryland until 5:30pm

Monday

- 5:30pm - 7:00pm @ Legends

Tuesday

- 5:00pm - 6:30pm Swim @ Legends
- Dryland until 7:00pm

Wednesday

- 5:30pm - 7:00pm Swim @ Legends

Thursday *(LCM)*

- 5:00pm - 7:00pm Swim @ Legends

Friday

- 5:00pm - 7:00pm Swim @ Legends

Saturday

- Independent Dryland (Sessions sent through Aquastream)



Senior Performance Practice Schedule

- ★ Bring Race Kit Monday's and Tuesday's
- ★ Lift Specific Exceptions: Nick, Kenny, Khanh, Allison

Sunday

- 2:30pm - 3:00pm AIM session
- 3:00pm - 6:00pm Swim @ Legends
- Or 5:00pm - 6:00pm Lift

Monday

- 4:30pm - 7:30pm @ Legends

Tuesday

- 4:30pm - 6:45pm Swim @ Legends
- Dryland until 7:30pm @ Edwards

Wednesday

- Morning Lift @ YMCA
- 4:30pm - 7:30pm @ Legends

Thursday (LCM)

- 4:30pm - 6:45pm Swim @ Legends
- Dryland until 7:30pm
- Dryland or Lift @ YMCA, Legends, or Edwards (Sprint only)

Friday

- Morning Lift @ YMCA
- 4:30pm - 7:30pm Swim @ Legends
- Dryland until 8:00pm @ Legends or Edwards

Saturday

- 11:00am - 1:30pm @ YMCA (Flexible time)

