

WEEKLY PRACTICE SCHEDULE

Swimmers in Advanced Strength and Conditioning

Monday 6:00 – 7:00a.m.
Wednesday 6:45 – 8:15a.m.
Friday 6:45 – 8:15a.m.

Swimmers that are not in Advanced Strength and Conditioning

Monday 6:00-7:00 a.m.
Wednesday 6:00-7:00 a.m.
Friday 6:00-7:00 a.m.

Swimmers Afternoon Practices

Monday-Friday 2:50-5:00 p.m.
(with the exception of meet days)

Saturday Morning Practices

Saturday 8:00-10:00 a.m.

Lahser Divers' Practice Schedule

Monday-Friday 2:50 to 5:00 p.m.
Saturday 8:00 to 10:00 a.m.
at the Andover Pool

*For weeks that the school changes odd and even days, please note that swimmers will have practice on days that first hour meets. Any day that students have all of their classes in one day practice will be held at 6:00a.m. On odd days practice will begin at 6:45a.m. for students in advanced conditioning and 6:00 for students who are not in advanced conditioning. There may be times that we will be practicing on Tuesdays and Thursday mornings as well. Swimmers will be notified of any changes to the practice schedule.

There will be no team practices on days that the school buildings are closed.