



2024 Summer Schedule

Schedule Effective as of Monday, June 3- Friday, August 2nd*

*Swimmers competing in East Coast LC Age Group Zones will have practice through Tuesday, August 6th.

Practice Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Practice Location	Practice Attendance
Novice Green	6:15-7:15pm		6:15-7:15pm		6:15-7:15pm	9:30-10:30am	Deer Run	2-3 Practices per week
Novice Orange	5:15-6:15pm		5:15-6:15pm		5:15-6:15pm	9:30-10:30am	Deer Run	2-4 Practices per week
Novice Blue	5:00-6:15pm		5:00-6:15pm	5:00-6:15pm	5:00-6:15pm	9:30-10:45am	Deer Run	3-5 Practices per week
Age Group Green	4:00-5:30pm Dryland 5:45-6:25pm 6:30-8:00pm	8:00-9:30am @Deer Run	4:00-5:30pm Dryland 5:45-6:25pm 6:30-8:00pm	4:00-5:30pm 5:30-7:00pm	4:00-5:30pm Dryland 5:45-6:25pm 6:30-8:00pm	9:30-11:00am	Mon, Wed-Saturday @ Evergreen Tuesday @ Deer Run	4-6 Practices per week
Age Group Orange	3:45-5:30pm Dryland 5:45-6:25pm 6:30-8:15pm	8:00-9:45am @Deer Run	3:45-5:30pm Dryland 5:45-6:25pm 6:30-8:15pm	3:45-5:30pm 5:30-7:15pm	3:45-5:30pm Dryland 5:45-6:25pm 6:30-8:15pm	9:30-11:15am	Mon, Wed-Saturday @ Evergreen Tuesday @ Deer Run	5-6 Practices per week
Senior Green & Senior Orange 2	5:30-8:00 am	5:30-8:00am Dryland 8:15-9:00am	5:30-8:00 am	5:30-8:00am Dryland 8:15-9:00am	5:30-8:00 am	7:00-9:30am Dryland 9:45-10:30am	Tues/Thurs + Sat @ Deer Run M/W/F @ Evergreen	6 Practices per week
Senior Blue & Senior Orange 1	5:30-8:00am Dryland 8:15-9:00am 2:45-4:00pm	5:30-8:00 am	5:30-8:00am Dryland 8:15-9:00am 2:45-4:00pm	5:30-8:00 am	5:30-8:00am Dryland 8:15-9:00am 2:45-4:00pm	7:00-9:30am	M/W/F Mornings @ Deer Run Tues/Thurs/Sat Mornings + Afternoons @ Evergreen	Senior Orange 1 6 Practices per week/ Mornings ONLY
Homeschool Green & Orange	<i>Homeschool swimmers will be assigned to a traditional group and practice with that group during the Summer Schedule.</i>							
Masters	8:00-9:45am	4:45-5:45am	8:00-9:45am	4:45-5:45am	8:00-9:45am	6:00-7:00am	Deer Run	

*Updated 3/20/2024