

Lake Shore Swim Club
2010 Summer Practice Schedule
June 1st – August 8th, 2010

National Team Training Group: 1-2 lanes

M-F	6:00-8:00 am	Swim
M/W/F	8:00-8:15 am	Supplemental Dryland Exercises
M-Th	3:30-5:00 pm	Swim**
T/Th	8:15-9:00 am	Dryland
S	8:00-11:00 am	Swim/Dryland

****You must have an invitation from the Coaching Staff to join this training group**

Senior Training Group: 4 lanes

M-F	6:00-8:00 am	Swim
M/W/F	8:00-8:15 am	Supplemental Dryland Exercises
M-Th	3:30-5:00 pm	Swim**
T/Th	8:15-9:00 am	Dryland
S	8:00-11:00 am	Swim/Dryland

*Afternoon practice schedule must be set-up with Coach Laura on an individual basis.

Junior Training Group: 3-4 lanes

M/W	4:30-5:00 pm	Dryland
M-Th	5:00-6:30 pm	Swim
F	5:00-6:00 pm	Drill and Relay Night
S	8:30-10:00 am	Swim

Developmental Training Group: 2-3 lanes

M/W	5:00-6:00 pm	Swim (Includes Dryland and/or Video)
F	5:00-6:00 pm	Drill and Relay Night
S	10:00-10:45 am	Swim Only

***This group includes all Pre-Competitive Swimmers from the 2009-2010 season**

Pre-Competitive: 1 lane

M/W	5:00-5:45 pm	Swim (Includes Dryland and/or Video)
F	5:00-6:00 pm	Drill and Relay Night

****The new session of Pre-Competitive Training group will begin in June, 2010**

Drill & Relay Night on Fridays was such a success during the Spring, that we will be continuing it during the Summer. Senior and National Team Swimmers are invited and encouraged to participate in *Drill & Relay Night* on Fridays!!