

LARKSPUR LASERS

2021 School Practice Schedule

June 1st through 18th practices will take place 3 days a week on **Tuesday, Wednesday & Friday** in the **evening** for **1 hour** while school is still in session.

| | | |
|---------|--------------|---------------------------------|
| 5:00 pm | Ages 4-8 | (6&Under, 8&Under) |
| 6:00 pm | Ages 9-11 | (12&Under, 10&Under) |
| 7:00 pm | Ages 12 & Up | (12& Under, 14&Under, 18&Under) |

**All adjustments to practice groups must be approved by the coaches. Swimmers will be grouped in lanes by ability.*

2021 Summer Practice Schedule

June 21st through July 30th practices will take place 4 days a week on **Monday, Tuesday, Wednesday & Thursday mornings** for **1 hour**.

| | | |
|----------|--------------|----------------------|
| 8:00 am | Ages 12 & Up | (14&Under, 18&Under) |
| 9:00 am | Ages 9-11 | (12&Under, 10&Under) |
| 10:00 am | Ages 4-8 | (6&Under, 8&Under) |

(August 2nd-6th practices are invitation only for Divisional Meet Participants.)

Starting June 23rd there will be 2 evening practices a week offered for 1 hour on **Tuesday & Wednesday evenings** for swimmers who have commitments that do not permit them to attend morning practices. This practice requires coach's approval and pre registration will be required as spaces are limited.

| | | |
|--------|-----|--------------------------------|
| 5:00pm | All | Coach's Approval/ Pre Register |
|--------|-----|--------------------------------|

Swim School Practice Schedule

June 23rd through July 30th practices will take place 3 days a week on **Tuesday, Wednesday & Thursday mornings** for **45 mins**.

| | |
|----------|------------------------|
| 11:00 am | Ages 4-8 (Swim School) |
|----------|------------------------|