

Summer Practice Schedule

Morning and Saturday Practice are **Long**
Course Afternoon Practices are **Short Course**

Groups	Lakeland
White	Tues/Thurs 4:00-4:45 pm
Blue	Mon, Wed, Fri 7:30-8:30 am Tues, Wed, Thurs 4:00-5:00 pm
Bronze	Mon-Fri 7:30-8:30 am Tues, Wed, Thurs 4:00-5:00 pm Saturday 9:00-10:00 am
Silver 1 & 2	Mon-Fri 7:00-8:30 am Tues, Wed, Thurs 4:00-5:30 pm Saturday 8:30-10:00 am
Gold	Mon-Fri 7:00-8:30 am Tues, Wed, Thurs 5:00-6:30 pm Saturday 8:30-10:00 am
Senior	Mon-Fri 6:00-8:00 am Tues, Wed, Thurs 5:00-6:30 pm Saturday 8:00-10:00 am

Gold drylands are Tuesday & Thursday 4:00-4:45 pm

Senior drylands/weights are TBD