

# CAA--Lakeway Practice Schedule

## Long Course Season 2024

Updated 03/08/2024

### March 18 - May 24, 2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Schedule</b>						
<b>Guppy</b>	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	4:00-4:30 PM	off	off
<b>Bronze</b>	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	4:30-5:15 PM	off	off
<b>Silver</b>	5:15-6:15 PM SW	5:15-6:45 PM DL/SW	5:15-6:15 PM SW	5:15-6:45 PM DL/SW	off	9:00-10:00 AM
<b>Dryland Schedule (DL)</b>						
<b>Silver</b>		5:15-5:45 PM		5:15-5:45 PM		

### May 28- August 8, 2024

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Schedule</b>						
<b>Silver</b>	8:45-9:45 AM	8:15-9:45 AM DL/SW	8:45-9:45 AM	8:15-9:45 AM DL/SW	off	9:00-10:00 AM
<b>Bronze</b>	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	off	off
<b>Guppy</b>	9:45-10:15 AM	9:45-10:15 AM	9:45-10:15 AM	9:45-10:15 AM	off	off
<b>Dryland Schedule (DL)</b>						
<b>Silver</b>		8:15-8:45 AM		8:15-8:45 AM		