



June 2024 LGSRC Pool Schedule

Home Swim
Meet Dates:
6/1
6/15
6/29

Large Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-6:30AM	Master Swim		Master Swim		Master Swim		
7:00AM-8:30AM						Master Swim	
10:00AM-11:00AM	Water Fitness	Master Swim	Water Fitness	Master Swim	Water Fitness		

Training Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00AM-11:00AM	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice		
10:00AM-11:00AM						Water Fitness	