



# 2026 LESD SPRING SCHEDULE



*This is the general LESD schedule. Each month we provide a detailed schedule that includes any updates, possible changes, or cancellations. Please be sure to review the monthly schedule carefully*

*Swimmers should choose a primary location. We realize swimmers will attend other sites occasionally and we encourage you to do so as needed*

*All practices with dryland that might take place in the pool, gyms or outside please come prepared to participate*

## Hawken Upper Site Schedule- **Starts Monday, April 6**

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIGH PERFORMANCE (HP)	6:00-7:45 AM	6:00-7:45 AM		6:00-7:45 AM		7:00-10:00 AM
	3:45-6:00 PM					
SENIORS (SEN)		6:00-7:30 AM		6:00-7:30 AM		7:00-10:00 AM
	3:45-6:00 PM					
HIGH SCHOOL PERFORMANCE (HSP)	3:45-6:00 PM	7:00-10:00 AM				
AGE GROUP PERFORMANCE (AGP)*	3:45-6:00 PM	10:00-12:00				
CHALLENGE 2 (C2)	5:30-7:30 PM	5:30-7:30 PM		5:30-7:30 PM	5:30-7:30 PM	10:00-12:00
CHALLENGE 1 (C1)	5:30 -7:30 PM	10:00-12:00				
DISCOVERY 2 (D2)	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM	5:45-7:15 PM		10:30-11:45
DISCOVERY 1 (D1)	5:45-7:00 PM		5:45-7:00 PM	5:45-7:00 PM		10:30-11:45

\* If AGP swimmers cannot attend the 3:45–6:00 PM practice, they are welcome to attend the 5:30–7:30 PM practice instead. Please communicate any questions or practice plans directly with the coaches.