



2025-2026 LESD GENERAL 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 August 25**

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)	5:30 -7:30 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

HP and SEN Morning practice will start September 2