



Brace yourselves- Christmas practices sets are coming
2021-2022 Christmas Break Practice Schedule

Week Nine

Monday, December 20th

Meet at LCS Denver: 9:30 a.m.
 Leave LCS Denver: 9:35 a.m.-10:00 a.m. Arrive at HFFA
10:15 am-12:00 pm Swim Practice - Long Course lanes
 Bus leaves HFFA: 12:15 p.m.
 Bus arrives back to LCS Denver - 12:45 p.m.

Tuesday, December 21st

Meet at LCS Denver: 5:30am
 Leave LCS Denver: 5:45am for HFFA
Practice 6:30-7:30am
 Bus leaves HFFA: 7:45 a.m.
 Bus arrives back to LCS Denver - 8:15 a.m.

Wednesday, December 22nd

Meet at LCS Denver: 1:10 p.m.
 Leave LCS Denver: 1:15 p.m.- 1:45 p.m. Arrive at HFFA
2:00 p.m.-3:00 p.m. Swim Practice
 Bus leaves HFFA 3:15 p.m.
 Bus arrives back to LCS Denver - 3:45 p.m.

Thursday, December 23rd

Meet at LCS Denver: 5:30am
 Leave LCS Denver: 5:45am for HFFA
Practice 6:30-7:30am
 Bus leaves HFF: 7:45 a.m.
 Bus arrives back to LCS Denver - 8:15 a.m.

Friday, December 24th

No Practice Christmas Eve- stay active

Week Ten

Monday, December 27th

Meet at LCS Denver: 9:30 a.m.
 Leave LCS Denver: 9:35 a.m.-10:00 a.m. Arrive at HFFA
10:15 am-12:00 pm Swim Practice - Long Course lanes
 Bus leaves HFFA: 12:15 p.m.
 Bus arrives back to LCS Denver - 12:45 p.m.

Tuesday, December 28th

Meet at LCS Denver: 5:30am
 Leave LCS Denver: 5:45am for HFFA
Practice 6:30-7:30am
 Bus leaves HFFA: 7:45 a.m.
 Bus arrives back to LCS Denver - 8:15 a.m.

Wednesday, December 29th

Meet at LCS Denver: 1:10 p.m.
 Leave LCS Denver: 1:15 p.m.- 1:45 p.m. Arrive at HFFA
2:00 p.m.-3:00 p.m. Swim Practice
 Bus leaves HFFA 3:15 p.m.
 Bus arrives back to LCS Denver - 3:45 p.m.

Thursday, December 30th

Meet at LCS Denver: 5:30am
 Leave LCS Denver: 5:45am for HFFA
Practice 6:30-7:30am
 Bus leaves HFF: 7:45 a.m.
 Bus arrives back to LCS Denver - 8:15 a.m.

Friday, December 31st

No Practice New Years Eve- stay active

Week Eleven

Back to regular practice schedule

Monday, January 3rd - Teacher Work Day

Monday/Wednesday

Meet at LCS Denver: 4:00 pm

Leave at 4:15pm for HFFA

Practice 5:00-6:00 pm

Leave for LCS Denver 6:15 pm

Return to LCS Denver by 6:45pm - parents be at LCS Denver by 6:30pm for ease of pick up

Tuesday, January 4th- Teacher Work Day

Tuesday/Thursday

Meet at LCS Denver: 5:30am

Leave LCS Denver: 5:45am for HFFA

Practice 6:30-7:30am

Leave for LCS Denver 7:45am