

Hi All,

I hope you had a great weekend! I am excited for our first FULL week of practices! Below is a reminder of our practice times for this week, and the pools we will be in. We have a day that is modified this week, so please be sure to take note of that change! To ensure you do not miss any modified schedule days, always be sure to check the LIAC Practice Schedule on our Website.

Practice Schedule Link: <https://www.longislandswimming.com/liac-main-calendar.html>

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Schedule for this week is as follows:

Monday: 4:15 - 5:45 PM at Nassau Community College (directions are attached)

*** For the first day, LIAC Staff will meet athletes and parents near this crosswalk and the construction fence near Building P. Please aim to be on time for this, as we will walk as a group together. ***

Wednesday: 6:30 - 8:00 PM at Freedom Pool

Thursday: ***MODIFIED* 6:30 - 7:30 PM at Freedom Pool**

Sunday: 7:30 - 9:00 AM at Freedom Pool

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In the coming weeks I will be sending out a link to schedule private lessons, so be on the lookout for that!

If you have any other questions for me, please let me know. See you all tonight!

Thank you,

Natalie