

SUN	MON	TUES	WED	THURS	FRI	SAT
LMAC MASTER OCTOBER 2016 W = White G = Grey R = Royal N = Navy S = Senior MM = Mighty Mites MP = Mighty Piranhas D = Diving LM = Lower Merion High School Pool SJU = Saint Joe's Fieldhouse Pool HAV = Haverford School Pool ** = BUDDY PRACTICE!						
2 W: 1-1:45 @ LM G: 1:45-2:30 @ LM R: 1:45-2:30 @ LM N: 2:30-4 @ LM S: 3-5 @ LM D: 1-3 @ LM <i>Rosh Hashanah</i>	3 S: 4-6 @ SJU All other Groups OFF LMHS CLOSED <i>Rosh Hashanah</i>	4 N: 6:30-8 @ SJU S: 5-6:30 @ SJU All other Groups OFF LMHS CLOSED <i>Rosh Hashanah</i>	5 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	6 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	7 White, Grey & Royal GIRLS 5:30-6:30 @ LM White, Grey & Royal BOYS 6:30-7:30 @ LM FUN NIGHT!	8 G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
9 **W: 2:30-3:15 @ LM G: 12-1:20 @ SJU R: 1:20-3 @ SJU N: 1-2:30 @ LM **S: 2:40-5 @ LM D: 1-3 @ LM	10 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	11 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	12 N: 6-8 @ SJU S: 8-9:30 AM @ HAV All other Groups OFF LMHS CLOSED <i>Yom Kippur</i>	13 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	14 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	15 G: 11-12 @ LM R: 11-12 @ LM N: 9-11 @ LM S: 9-11 @ LM
16 Intra-Squad 1-3 @ LM for W, G & R (Sign Up Online by Oct 11) N: OFF S: 3-5 @ LM D: 3-5 @ LM	17 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	18 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	19 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	20 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	21 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	22 G: OFF R: OFF N: 9-11 @ LM S: 9-11 @ LM DST USA Meet @ U of Delaware
23 W: 1-2 @ LM G: 2-3 @ LM R: 2-3 @ LM N: OFF S: OFF D: 1-3 @ LM DST USA Meet @ U of Delaware	24 W: 5-6 @ LM G: 6-7:15 @ LM S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM 31 ALL Groups OFF HAPPY HALLOWEEN!!	25 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	26 W: 5-6 @ LM G: 6-7:15 @ LM N: 6-8 @ SJU S: 5:25-6:55a @ HAV S: 7:15-9 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	27 R: 5-6:30 @ LM N: 6-8 @ SJU S: 6:30-9 @ LM D: 6:45-8:45 @ LM MM: 5:15-6 @ LM MP: 6-6:45 @ LM	28 W: 5-6 @ LM G: 6-7 @ LM R: 7-8 @ LM	29 Normal Saturday Sched 30 (Sun) W, G, R: OFF D: OFF N: 12-1:20 @ SJU S: 1:20-3 @ SJU TEAM PEP RALLY @ 4pm in LM Caf