

LMAC Fall 2018 Schedule

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WHITE	5:00-6:00 @ LMHS		5:00-6:00 @ LMHS		5:00-6:00 @ LMHS		12:00-12:45 @ SJU
GREY	6:00-7:15 @ LMHS		6:00-7:15 @ LMHS		6:00-7:00 @ LMHS	11:00-12:00 @ LMHS	12:45-1:45 @ SJU
Dryland <i>begins 9/24</i>	7:15-7:45 @ LMHS						
ROYAL		5:00-6:30 @ LMHS		5:00-6:30 @ LMHS	7:00-8:00 @ LMHS	11:00-12:00 @ LMHS	1:45-3:00 @ SJU
Dryland <i>begins 9/28</i>					6:15-6:45 @ LMHS		
NAVY		6:00-8:00 @ SJU	6:00-7:30 @ SJU	6:00-8:00 @ SJU		9:00-11:00 @ LMHS	2:30-4:00 @ LMHS
Dryland <i>begins 9/26</i>			5:00-6:00 @ SJU				1:15-2:15 @ LMHS
SENIOR <i>AM begins 10/3</i>	7:15-9:00 @ LMHS	6:30-9:00 @ LMHS	5:25-6:50am @ HAV 7:15-9:00 @ LMHS	6:30-9:00 @ LMHS		9:00-11:00 @ LMHS	1:00-2:45 @ LMHS
Dryland <i>begins 9/24</i>	6:00-7:00 @ LMHS					11:00-12:00 @ LMHS	
Mighty PRIANHAS	6:00-6:45 @ LMHS 6:45-7:30 @ LMHS	6:00-6:45 @ LMHS	6:00-6:45 @ LMHS 6:45-7:30 @ LMHS	6:00-6:45 @ LMHS			
Mighty MITES	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS	5:15-6:00 @ LMHS			
DIVING		6:45-8:45 @ LMHS		6:45-8:45 @ LMHS			1:00-3:00 @ LMHS

- Fall Practice Schedule runs 9/4 – 11/16/2018 unless otherwise noted
- **DRYLAND:**
 - Please always be prepared to go **OUTSIDE** and have **SNEAKERS!**
 - At LMHS, meet in the hallway by the locker rooms—please be PROMPT!
 - At SJU, meet in the lobby area by the locker room entrances—please be PROMPT!
- Please check out the **Monthly Master Schedules** for specific changes to this fall schedule due to holidays and building closures.