

LMAC WINTER 2018 - 19 Schedule

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WHITE	6:30-7:20 @ LMHS		6:30-7:20 @ LMHS	6:00-7:00 @ SJU			12:00-12:45 @ OP
GREY	6:00-7:15 @ SJU	6:00-7:05 @ SJU			6:30-8:00 @ LMHS	11:00-12:00 @ LMHS or MEET	12:45-1:45 @ OP
Dryland		7:10-7:40 @ SJU					
ROYAL	7:15-8:30 @ SJU	7:05-8:15 @ SJU			6:30-8:00 @ LMHS	11:00-12:00 @ LMHS or MEET	1:45-3:00 @ OP
Dryland <i>begins 9/28</i>		6:30-7:00 @ SJU					
NAVY	7:20-9:00 @ LMHS		6:00-8:00 @ SJU	7:00-8:30 @ SJU		9:00-11:00 @ LMHS or MEET	2:30-4:00 @ LMHS
Dryland	6:15-7:15 @ LMHS			6:00-7:00 @ SJU			
SENIOR <i>AM ends 1/30</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 or MEET	1:00-2:45 @ LMHS
Dryland							2:55-3:45 @ LMHS
Mighty PRIANHAS		6:00-6:45 @ LMHS 6:45-7:30 @ LMHS		6:00-6:45 @ LMHS 6:45-7:30 @ LMHS			
Mighty MITES	6:30-7:15 @ LMHS		6:30-7:15 @ LMHS				
DIVING <i>ends 1/31</i>		7:15-9:00 @ LMHS		7:15-9:00 @ LMHS			1:00-3:00 @ LMHS

- Winter Practice Schedule runs 11/16/2018 – 2/24/2019 unless otherwise noted; Mites and Piranhas start on 11/22
- **DRYLAND:**
 - Please always 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.