

# LMAC FALL 2019 Schedule

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>WHITE</b>	5:00-5:45 @ LMHS		5:00 – 5:45 @ LMHS			10:15-11:00 @ LMHS	1:00-2:00 @ LMHS
<b>GREY</b>		6:00-7:00 @ SJU	6:00-7:00 @ SJU		5:00-6:00 @ LMHS	10:15-11:00 @ LMHS	1:45-2:45 @ LM
<b>Dryland</b>							
<b>AQUA</b>		7:00-8:00 @ SJU	7:00-8:00 @ SJU		6:00-7:00 @ LMHS	11:00-12:00 @ LMHS	2:30-3:45 @ LM
<b>Dryland</b> <i>begins TBA</i>							
<b>ROYAL</b>	5:45-7:00 @ LMHS		5:45-7:00 @ LMHS		7:00-8:00 @ LMHS	11:00-12:00 @ LMHS	3:30-5:00 @ LM
<b>Dryland</b> <i>begins TBA</i>							
<b>NAVY</b> <i>AM starts 10/2</i>	6:30-8:30 @ SJU	5:00-6:45 @ LMHS	5:25-6:55a @ BMC	5:00-6:45 @ LMHS		8:30-10:15 @ LM	1:00-3:00 @ BMC
<b>Dryland</b> <i>begins TBA</i>							
<b>SENIOR</b> <i>AM starts 10/2</i>	7:00-9:00 @ LMHS	6:30-9:00 @ LMHS	5:25-6:55a @ BMC 7:00-9:00 @ LMHS	6:30-9:00 @ LMHS		8:30-10:15 @ LM	1:00-3:00 @ BMC
<b>Dryland</b>							
<b>Mighty PRIANHAS</b>	C—6:00-6:45 @ LMHS D—6:45-7:30 @ LMHS	E—6:00-6:45 @ LMHS	C—6:00-6:45 @ LMHS D—6:45-7:30 @ LMHS	E—6:00-6:45 @ LMHS			
<b>Mighty MITES</b>	A—5:15-6:00 @ LMHS	B—5:15-6:00 @ LMHS	A—5:15-6:00 @ LMHS	B—5:15-6:00 @ LMHS			
<b>DIVING</b> <i>ends 1/31</i>		6:45-8:30 @ LMHS		6:45-8:30 @ LMHS			1:00-3:00 @ LMHS

\*\*Fall Practice Schedule runs 09/03/2019 – 11/14/2019 (unless otherwise noted)

\*\*LMHS = Lower Merion High School

\*\*SJU = SJU Hagan Arena Pool

\*\*BMC = Bryn Mawr College (Schwartz Fitness & Athletic Center)

\*\*Please check out the **Monthly Master Schedules** for specific changes to this fall schedule due to holidays and building closures.