

# LMAC WINTER 2019-20 Schedule

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>WHITE</b>	6:30-7:30 @ LM		6:30-7:15 @ LMHS		6:00-6:45 @ SJU	10:15-11:00 @ LMHS or MEET	1:00-2:00 @ LMHS
<b>GREY</b>	6:00-7:00 @ SJU		6:00-7:00 @ SJU		6:30-7:30 @ LMHS	10:15-11:00 @ LMHS or MEET	1:45-2:45 @ LM
<b>Dryland</b>							
<b>AQUA</b>	7:00-8:15 @ LM	6:00-7:00 @ SJU			7:00-8:00 @ LMHS	11:00-12:00 @ LMHS or MEET	2:30-3:45 @ LM
<b>Dryland</b> <i>begins TBA</i>							
<b>ROYAL</b>	5:45-7:00 @ LMHS	7:00-8:30 @ SJU		6:00-7:15 @ SJU	6:45-8:00 @ SJU	11:00-12:00 @ LMHS or MEET	3:30-5:00 @ LM
<b>Dryland</b> <i>begins TBA</i>							
<b>NAVY</b> <i>AM ends 2/05</i>	7:30-9:00 @ LMHS		5:25-6:55a @ BMC 7:00-8:30 @ SJU	7:15-8:45 @ SJU		8:30-10:15 @ LM or MEET	1:00-3:00 @ BMC
<b>Dryland</b> <i>begins TBA</i>							
<b>SENIOR</b> <i>AM ends 2/05</i>	7:30-9:00 @ LMHS	6:30-9:00 @ LMHS	5:25-6:55a @ BMC 7:15-9:00 @ LMHS	6:30-9:00 @ LMHS		8:30-10:15 @ LM or MEET	1:00-3:00 @ BMC
<b>Dryland</b>							
<b>Mighty PRIANHAS</b>		6:00-6:45 @ LMHS 6:45-7:30 @ LMHS		6:00-6:45 @ LMHS 6:45-7:30 @ LMHS			
<b>Mighty MITES</b>	6:30-7:15 @ LMHS		6:30-7:15 @ LMHS				
<b>DIVING</b> <i>ends 1/31</i>		7:30-9:00 @ LMHS		7:30-9:00 @ LMHS			1:00-3:00 @ LMHS

- Winter Practice Schedule runs 11/15/2019-02/23/2020 unless otherwise noted;
- **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.