

LMAC September 2019

GROUP	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7
SENIOR	OFF	OFF	7:30-9:00 @ LM	7:30-9:00 @ LM	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	OFF	OFF	6:00-7:30 @ LM	OFF	5:15-6:45 @ LM	OFF	8:30-10:15 @ LM
ROYAL	OFF	OFF	OFF	6:30-7:30 @ LM	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	OFF	OFF	OFF	5:45-6:45 @ LM	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	OFF	OFF	5:15-6:15 @ LM	OFF	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	OFF	OFF	OFF	5:15-6:00 @ LM	OFF	OFF	10:15-11:00 @ LM
DIVING	OFF	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	OFF	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF	OFF
MITES	OFF	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF	OFF
NOTES			SJ CLOSED	SJ CLOSED			
	8	9	10	11	12	13	14
SENIOR	1:00-3:00 @ BM	7:10-9:00 @ LM	6:30-9:00 @ LM	7:10-9:00 @ LM	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ BM	6:00-7:45 @ SJ	5:15-6:45 @ LM	OFF	5:15-6:45 @ LM	OFF	8:30-10:15 @ LM
ROYAL	3:30-5:00 @ LM	5:55-7:10 @ LM	OFF	5:55-7:10 @ LM	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	2:30-3:45 @ LM	OFF	6:45-7:45 @ SJ	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	1:45-2:45 @ LM	OFF	5:45-6:45 @ SJ	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	1:00-2:00 @ LM	5:15-6:00 @ LM	OFF	5:15-6:00 @ LM	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF	OFF
NOTES							
	15	16	17	18	19	20	21
SENIOR	1:00-3:00 @ BM	6:00-9:00 @ LM*	6:30-9:00 @ LM	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:45-8:00 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	3:30-5:00 @ LM	5:55-7:40 @ LM^	OFF	5:55-7:10 @ LM	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	2:30-3:45 @ LM	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	1:45-2:45 @ LM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	1:00-2:00 @ LM	5:15-6:00 @ LM	OFF	5:15-6:00 @ LM	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF
NOTES							
	22	23	24	25	26	27	28
SENIOR	1:00-3:00 @ BM	6:00-9:00 @ LM*	6:30-9:00 @ LM	4:30-6:00 @ SJ	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ BM	6:00-7:45 @ SJ	5:15-7:45 @ LM%	OFF	5:15-7:45 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	3:30-5:00 @ LM	5:55-7:40 @ LM^	OFF	6:45-7:45 @ SJ	OFF	7:00-8:00 @ LM	11:00-12:00 @ LM
AQUA	2:30-3:45 @ LM	OFF	6:10-7:45 @ SJ#	OFF	OFF	6:00-7:00 @ LM	11:00-12:00 @ LM
GREY	1:45-2:45 @ LM	OFF	5:45-7:20 @ SJ^	OFF	OFF	5:00-6:00 @ LM	10:15-11:00 @ LM
WHITE	1:00-2:00 @ LM	5:15-6:00 @ LM	OFF	6:00-6:45 @ SJ	OFF	OFF	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF (make up 9/20)	6:00-6:45 @ LM	6:00 OR 6:45 @ LM	OFF
MITES	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF (make up 9/20)	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF
NOTES				LM CLOSED			
	29	30	OCT 1	2	3	4	5
SENIOR	1:00-3:00 @ BM	4:30-6:00 @ SJ	4:30-6:00 @ SJ	6:00-9:00 @ LM*	6:30-9:00 @ LM	OFF	8:30-10:15 @ LM
NAVY	1:00-3:00 @ BM	6:00-7:30 @ SJ	OFF	OFF	5:15-7:45 @ LM%	OFF	8:30-10:15 @ LM
ROYAL	3:30-5:00 @ LM	OFF	OFF	5:55-7:10 @ LM	OFF	6:30-7:30 @ LM	11:00-12:00 @ LM
AQUA	2:30-3:45 @ LM	OFF	6:10-7:45 @ SJ#	6:45-7:45 @ SJ	OFF	6:30-7:30 @ LM	11:00-12:00 @ LM
GREY	1:45-2:45 @ LM	OFF	5:45-7:20 @ SJ^	5:45-6:45 @ SJ	OFF	5:30-6:30 @ LM	10:15-11:00 @ LM
WHITE	1:00-2:00 @ LM	OFF	OFF	5:15-6:00 @ LM	OFF	5:30-6:30 @ LM	10:15-11:00 @ LM
DIVING	1:00-3:00 @ LM	OFF	6:45-8:30 @ LM	OFF	6:45-8:30 @ LM	OFF	OFF
PIRANHAS	OFF	OFF (make up 9/27)	OFF	6:00 OR 6:45 @ LM	6:00-6:45 @ LM	OFF	OFF
MITES	OFF	OFF (make up 9/27)	OFF	5:15-6:00 @ LM	5:15-6:00 @ LM	OFF	OFF
NOTES		LM CLOSED	LM CLOSED			FUN NIGHT @ LM!	

REVISED 9-8-2019

* = Dryland is first hour of practice
 % = Dryland is last hour of practice
 # = Dryland is first half hour of practice
 ^ = Dryland is last half hour of practice
 LM = Lower Merion High School
 SJ = Saint Joseph's Hagan Pool (54th & City Ave)
 BM = Bryn Mawr College (910 New Gulph Road)

Dryland— Swimmers should dress in SNEAKERS and ATHLETIC clothing. Please be on time—meet in the lobby by the locker room at LM and on the pool deck at SJ.