

Fall 2017 LMAC Practice Schedule

September 5 – November 19, 2017

Group	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
WHITE	LMHS 5:00-6:00		LMHS 5:00-6:00		LMHS 5:00-6:00		SJU 12:00-12:45
GREY	LMHS 6:00-7:15		LMHS 6:00-7:15		LMHS 6:00-7:00	LMHS 11:00-12:00	SJU 12:45-1:45
ROYAL		LMHS 5:00-6:30		LMHS 5:00-6:30	LMHS 7:00-8:00	LMHS 11:00-12:00	SJU 1:45-3:00
NAVY		SJU 6:00-8:00	SJU 6:00-8:00	SJU 6:00-8:00		LMHS 9:00-11:00a	LMHS 1:00-2:30
NAVY Dry Land <i>starts 9/12</i>		SJU 5:30-6:00		SJU 5:30-6:00			
SENIOR <i>WED Mornings start 9/27</i>	LMHS 7:15-9:00	LMHS 6:30-9:00	Hav School 5:25-6:55a LMHS 7:15-9:00	LMHS 6:30-9:00		LMHS 9:00-11:00a	LMHS 2:00-4:00
DIVING		LMHS 6:45-8:45		LMHS 6:45-8:45			LMHS 1:00-3:00
Mighty Mites A	LMHS 5:15-6:00		LMHS 5:15-6:00				
Mighty Mites B		LMHS 5:15-6:00		LMHS 5:15-6:00			
Mighty Piranhas A	LMHS 6:00-6:45		LMHS 6:00-6:45				
Mighty Piranhas B		LMHS 6:00-6:45		LMHS 6:00-6:45			