

LMAC Swimming Practice Schedule

Monday, September 26th through Sunday, November 21st, 2011

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze	Maguire 6:00-7:00		Maguire 5:00-6:00		Maguire 6:00-7:00		
Silver		LMHS 6:00-7:00		LMHS 6:00-7:00	LMHS 6:00-7:00		O'Pake 1:30-2:30
Gold	LMHS 6:00-7:30		LMHS 6:00-7:15		LMHS 7:00-8:00		O'Pake 12:00-1:30
Junior	Maguire 6:15-8:30	Maguire 6:30-8:00		Maguire 6:00-7:00am Maguire 6:00-8:00		O'Pake 10:00-12:00	LMHS 1:00-3:00
Senior	LMHS 6:45-9:00	Maguire 5:30-7:00am LMHS 7:00-9:00	LMHS 6:30-9:00	Maguire 5:30-7:00am LMHS 7:00-9:00		O'Pake 9:00-11:00	LMHS 2:00-5:00
Mighty Mites	LMHS 6:30-7:15		LMHS 6:30-7:15				

Maguire = Fieldhouse Pool ; LMHS = Lower Merion High School ; O'Pake = Former Episcopal Academy

Notes:

- Practice schedule from September 6th through September 25th, 2011 will be more limited and will be given on a weekly basis via email.
- Saturday practices for Senior and Junior groups end once our dual meets start on November 12th.
- Senior group practices on Monday, Wednesday and Saturday include Dry Land time—Dry Land is not considered “optional”.
 - Please contact Coach Kathryn at Lepster04@verizon.net with questions or concerns regarding Dry Land.
- Junior group practices on Monday, Thursday and Saturday include Dry Land / group meeting time—Dry Land is not considered “optional”.
 - Please contact Coach Kathryn at Lepster04@verizon.net with questions or concerns regarding Dry Land.