















# Lakewood Aquatics Practice/Meet Schedule

## December 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Practice held at CERRITOS from December 22nd through January 3rd.</p>	<p>1 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>2 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>3 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>4 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>5 Wht I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45</p>	<p>6 Metro Champs @ Bellflower →</p>
<p>7 Metro Champs @ Bellflower →</p>	<p>8 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>9 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>10 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>11 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>12 Wht I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 Winter Age Group Champs @ Cerritos →</p>	<p>13 Winter Age Group Champs @ Cerritos →</p>
<p>14 Winter Age Group Champs @ Cerritos →</p>	<p>15 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>16 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>17 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>18 Wht I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45</p>	<p>19 Wht I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 Winter Invite @ Belmont →</p>	<p>20 Winter Invite @ Belmont →</p>
<p>21 <b>Happy Hanukkah!</b>  Winter Invite @ Belmont →</p>	<p>22  Wht I/II 8:00-9:00 am Brnz/Slvr 8:00-9:30 am Gold 8:00-9:30 am Jr/PreSr/Sr 7:30-10:00  Wht I/II 5:00-6:30 pm Brnz/Slvr 5:00-6:30 pm Gold 5:00-6:30 pm Jr/PreSr/Sr 5:00-7:00 pm</p>	<p>23  Wht I/II 8:00-9:00 am Brnz/Slvr 8:00-9:30 am Gold 8:00-9:30 am Jr/PreSr/Sr 7:30-10:00  Wht I/II 5:00-6:30 pm Brnz/Slvr 5:00-6:30 pm Gold 5:00-6:30 pm Jr/PreSr/Sr 5:00-7:00 pm</p>	<p>24  Wht I/II 8:00-9:00 Brnz/Slvr 8:00-9:30 Gold 8:00-9:30 Jr/PreSr/Sr 7:30-10:00  MORNING ONLY!</p>	<p>25 Merry Christmas! </p>	<p>26 No Practice </p>	<p>27 No Practice </p>
<p>28 No Practice! </p>	<p>29  Wht I/II 8:00-9:00 am Brnz/Slvr 8:00-9:30 am Gold 8:00-9:30 am Jr/PreSr/Sr 7:30-10:00  Wht I/II 5:00-6:30 pm Brnz/Slvr 5:00-6:30 pm Gold 5:00-6:30 pm Jr/PreSr/Sr 5:00-7:00 pm</p>	<p>30  Wht I/II 8:00-9:00 am Brnz/Slvr 8:00-9:30 am Gold 8:00-9:30 am Jr/PreSr/Sr 7:30-10:00  Wht I/II 5:00-6:30 pm Brnz/Slvr 5:00-6:30 pm Gold 5:00-6:30 pm Jr/PreSr/Sr 5:00-7:00 pm</p>	<p>31  Wht I/II 8:00-9:00 Brnz/Slvr 8:00-9:30 Gold 8:00-9:30 Jr/PreSr/Sr 7:30-10:00  MORNING ONLY!</p>	<p>Jan 1 No Practice </p>	<p>Jan 2  Wht I/II 8:00-9:00 Brnz/Slvr 8:00-9:30 Gold 8:00-9:30 Jr/PreSr/Sr 7:30-10:00  MORNING ONLY!</p>	<p>Jan 3  Wht I/II 8:00-9:00 Brnz/Slvr 8:00-9:30 Gold 8:00-9:30 Jr/PreSr/Sr 7:30-10:00  MORNING ONLY!</p>