

Lakewood Aquatics Practice/Meet Schedule February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 JO's for young swimmers	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	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	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	5 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	6 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	7 No Saturday Workout
JO's for older swimmers						
8 JO's for older swimmers	9 No Morning Practice Wht I/II 5:00-6:00 Brnz 5:00-6:30 Slvr/Gold 5:00-6:30 Jr/PreSr/Sr 5:00-7:00 At Cerritos College	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 13 & up 5:45-6:45 AM Dryland at Mayfair	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	12 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 13 & up 5:45-6:45 AM Dryland at Mayfair	13 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	14 SCS Sr. Meet @ La Mirada Valentine's Day
15 SCS Sr. Meet @ La Mirada	16 AM Practice 5:30-7 am Wht I/II 5:00-6:00 Brnz 5:00-6:30 Slvr/Gold 5:00-6:30 Jr/PreSr/Sr 5:00-7:00 At Cerritos College	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 13 & up 5:45-6:45 AM Dryland at Mayfair	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 13& up 5:30-7:00 AM @ Cerritos	19 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 13 & up 5:45-6:45 AM Dryland at Mayfair	20 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	21 Metro Champs @Downey
22 Metro Champs @Downey	23 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 13& up 5:30-7:00 AM @ Cerritos	24 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 13 & up 5:45-6:45 AM Dryland at Mayfair	25 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 13& up 5:30-7:00 AM @ Cerritos	26 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 13 & up 5:45-6:45 AM Dryland at Mayfair	27 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	28 ONLY Jr/PreSr/Sr 7:30-10:00 @ Cerritos Lakewood Aquatics' Garage Sale