



Lakewood Aquatics Practice/Meet Schedule January 2009

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|---|
| <ul style="list-style-type: none"> Practice at CERRITOS (in brown) Morning practice for 13 & up start Tuesday January 6th at Cerritos. IMPORTANT PARENT INFORMATION MEETING SATURDAY JANUARY 24 @ 9:00-9:30am | | | | 1 | 2 Wh't 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! | 3 Wh't 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! |
| 4 | 5 Wh't 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 Wh't 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 | 7 Wh't I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45 | 8 Wh't 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 | 9 Wh't I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 | 10 Q-Meet @ Belmont → |
| 11 Q-Meet @ Belmont → | 12 Wh't 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 Wh't 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 | 14 Wh't I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45 | 15 Wh't 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 | 16 Wh't I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 | 17 Last Ditch JO Meet @ Bellflower → |
| 18 Last Ditch JO Meet @ Bellflower → | 19 LBUSD Holiday Practice at Cerritos TBA | 20 Wh't 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 | 21 Wh't I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45 | 22 Wh't 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 | 23 Wh't I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 | 24 Wh't I/II 8:00-9:00 Brnz/Slvr 8:00-9:30 Gold 8:00-9:30 Jr/PreSr/Sr 7:30-10:00 PARENT MEETING 9:00-9:30AM |
| 25 | 26 Wh't I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45 | 27 Wh't 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 | 28 Wh't I/II 6:00-7:00 Brnz 6:00-7:15 Slvr/Gold 7:00-8:30 Jr/PreSr/Sr 7:00-8:45 | 29 Wh't 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 | 30 Wh't I/II 5:00-6:00 Brnz 5:00-6:15 Slvr/Gold 6:00-7:30 Jr/PreSr/Sr 6:00-7:45 JO's 12 & Under → | 31 → Feb 1 JO's 12 & Under @ Belmont → |