

# Lakewood Aquatics Workout Calendar

## December 2009

| Sun   | Mon   | Tue   | Wed   | Thu  | Fri   | Sat   |
|---|---|---|---|--|---|---|
|   | NOV 30<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                              | 1<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                   | 2<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                   | 3<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                      | 4<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00   | 5<br>WI/WII 8:00-9:00<br>Bronze 8:00-9:15<br>Silver/Gold 8:00-9:30<br>Varsity 8:00-10:00<br>PreSr/Sr 7:30-10:00                       |
| 6   | 7<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                   | 8<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                   | 9<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                   | 10<br><b>ALL DRYLAND<br/>                     @ Mayfair Park<br/>                     5:30-6:30</b>                                | 11<br><b>ALL DRYLAND<br/>                     @ Mayfair Park<br/>                     5:30-6:30</b><br><br><div style="background-color: #92d050; padding: 2px; text-align: center;">Winter Age Group @ Las Vegas</div> | 12  |
| 13<br><br><div style="background-color: #92d050; padding: 2px;">WAG @ Las Vegas</div> | 14<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                  | 15<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                  | 16<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                                  | 17<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00                     | 18<br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00  | 19<br>NO WORKOUTS   |
| 20  | 21<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 22<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 23<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 24 <b>MORNING ONLY</b><br>WI/WII 8:00-9:00<br>Bronze 8:00-9:15<br>Silver/Gold 8:00-9:30<br>Varsity 7:30-9:30<br>PreSr/Sr 7:30-9:30 | 25<br>NO WORKOUTS   | 26 <b>MORNING ONLY</b><br>WI/WII 8:00-9:00<br>Bronze 8:00-9:15<br>Silver/Gold 8:00-9:30<br>Varsity 7:30-9:30<br>PreSr/Sr 7:30-9:30    |
| 27  | 28<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 29<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 30<br><b>Var/Pre/Sr 7:30-9:30AM</b><br>WI/WII 4:45-6:00<br>Bronze 4:45-6:15<br>Silver/Gold 6:00-7:30<br>Varsity 6:00-7:45<br>PreSr/Sr 4:30-7:00 | 31 <b>MORNING ONLY</b><br>WI/WII 8:00-9:00<br>Bronze 8:00-9:15<br>Silver/Gold 8:00-9:30<br>Varsity 7:30-9:30<br>PreSr/Sr 7:30-9:30 | JAN 1<br>NO WORKOUTS<br><br>Happy New Year!   | JAN 2 <b>MORNING ONLY</b><br>WI/WII 8:00-9:00<br>Bronze 8:00-9:15<br>Silver/Gold 8:00-9:30<br>Varsity 7:30-9:30<br>PreSr/Sr 7:30-9:30 |