

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 Parent meeting @ BJHS 6:30pm	22	23
24	25	26	27	28 Training camp 1-4pm	29 Training camp 1-4pm	30

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Regular season starts 3:15 pm (12&under) 4:15 pm (13&up)	3	4	5 13-18 PM Practice 7:30-8:30	6	7
8	9 13-18 AM Practice LCLC 7:30 -8:30	10 11-18 Dryland 8:30-9:30am	11 Deck Night! 7:30-8:30 PM 13-18 AM Practice LCLC 7:30 -8:30	12 13-18 PM Practice 7:30-8:30	13	14 Windsor Meet "B"
15	16 13-18 AM Practice LCLC 7:30 -8:30	17 Time Trials A 11-18 Dryland 8:30-9:30am	18 Deck Night! 7:30-8:30pm 13-18 AM Practice LCLC 7:30 -8:30	19 13-18 PM Practice 7:30-8:30	20	21 Bridgewater Meet "A"
22 Waeg Meet "B"	23 13-18 AM Practice LCLC 7:30 -8:30	24 Parade day No practice	25 Time Trials B 13-18 AM Practice LCLC 7:30 -8:30	26 13-18 PM Practice 7:30-8:30	27	28 Lunenburg Meet "A"
29 Colby Meet "B"	30 13-18 AM Practice LCLC 7:30 -8:30	31 Club Champs 11-18 Dryland 8:30-9:30am				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Club Champs 13-18 AM Practice LCLC 7:30 -8:30	2 Club Champs 13-18 PM Practice 7:30-8:30	3	4 Kentville Meet "A"
5	6 ← 11-18 AM Practice LCLC 7:30-8:30	7 13-18 Croquet 8:30 AM	8 Hell Week 11-18 AM Practice LCLC 7:30 -8:30	9 13-18 PM Practice 7:30-8:30	10 →	11 PSYCH NIGHT!!!!
12	13 ← 13-18 AM Practice LCLC 7:30-8:30	14 11-18 Dryland 8:30-9:30am	15 Taper Week 13-18 AM Practice LCLC 7:30 -8:30 Deck Psych Night! 7:30-8:30 PM	16 →	17 Provincials Bedford	18 Provincials Bedford
19 Provincials Bedford	20 Closing Ceremony!	21	22	23	24	25

Practices are 3:15-5:15pm, Monday-Friday. Age 12 & under swim @ 3:15 - 4:15pm. Age 13 & up swim @ 4:15 - 5:15pm.

*On Friday, the groups overlap for half an hour between 4 - 4:30 pm. The first practice ends at 4:30, while the second practice starts at 4:00.

*Thursday's 7:30-8:30 PM practice @ outdoor pool. All 7:30-8:30 AM practices @ LCLC pool. Dryland @ Kinsmen Field.