

# June 2019

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

# July 2019

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

August 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>Club Champs</b> 13-18 PM Practice 7:30-8:30	<b>2</b>	<b>3</b> <b>Kentville Meet</b>
<b>4</b>	<b>5</b> ← 11-18 AM Practice LCLC 7:30-8:30	<b>6</b> 13-18 Croquet 8:30 AM	<b>7</b> <b>Hell Week</b> 11-18 AM Practice LCLC 7:30 -8:30	<b>8</b> 13-18 PM Practice 7:30-8:30	<b>9</b> →	<b>10</b> <b>PSYCH NIGHT!!!!</b>
<b>11</b>	<b>12</b> ← 13-18 AM Practice LCLC 7:30-8:30	<b>13</b> 11-18 Dryland 8:30-9:30am	<b>14</b> <b>Taper Week</b> 13-18 AM Practice LCLC 7:30 -8:30  <b>Deck Psych Night!</b> 7:30-8:30 PM	<b>15</b> →	<b>16</b> <b>Provincials Bridgewater</b>	<b>17</b> <b>Provincials Bridgewater</b>
<b>18</b> <b>Provincials Bridgewater</b>	<b>19</b> <b>Closing Ceremony!</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>

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.