

LAKESIDE AQUATICS SUMMER 2019 SCHEDULE

Group	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior/Elite		7-9am swim (S)	7-10am swim + dryland (S)	7-9am swim (S)	7-10am swim + dryland (S)	7-9am swim (S)	6-8am UNO (S)
Junior		9-11am swim (S)	8-10am swim (S) + dryland (B)	9-11am swim (S)	8-10am swim (S) + dryland	OFF	6-8am UNO (S)
Sharks		9-10am swim (B)	8-9am dryland (B)	9-10am swim (B)	8-9am dryland (B)	OFF	9-10am swim (B)
Barracudas		OFF	9-10am swim (E)	OFF	9-10am swim (E)	OFF	OFF
Holidays and Meet changes will be noted on weekly schedules via TeamApp Calendar							
Coach Sarah = (S) Coach Emma = (E) Coach Blake = (B)							