



Masters Swim Team January Schedule 2019

Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date			1-Jan	2-Jan	3-Jan	4-Jan	Januray 5
Time			6am-7am	6:00am-7:00am	6:00am-7:00am	6:00am-7:00am	7:30am-9am
Coach			Cancelled - New year	John M.	Katie M.	John M.	Julie F.
Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date	7-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Time	6:00am-7:00am	6:30pm-8pm	6:00 - 7:00am	6:00am-7:00am	6:00 - 7:00am	6:00 - 7:00am	7:30-9:00am
Coach	John M.	Julie F.	Julie F.	John M.	Katie M.	John M.	Julie F.
Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date	14-Jan	14-Jan	15-Jan	16-Jan	17-Dec	18-Dec	19-Dec
Time	6:00 - 7:00am	6:30-8:00pm	6:00 - 7:00am	6:00 - 7:00am	6:00am-7:00am	6:00 - 7:00am	7:30-9:00am
Coach	John M.	Julie F.	Julie F.	John M.	Katie M.	John M.	Julie F.
Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date	21-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Time	6:00 - 7:00am	6:30-8:00pm	6:00 - 7:00am	6:00 - 7:00am	6:00am-7:00am	6:00am-7:00am	7:30am-9am
Coach	John M.	Julie F.	Julie F.	John M.	Katie M.	John M.	Julie F.
Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date	28-Jan	28-Jan	29-Jan	30-Dec	31-Dec		
Time	6:00am-7:00am	6:30pm-8pm	6:00am-7:00am	6:00am-7am	6:00am-7:00am		
Coach	John M.	Julie F.	Julie F.	John M.	Katie M.		
Day	Monday AM	Monday PM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM	Saturday AM
Date							
Time							
Coach							

All Masters Practices take place in the first floor lap pool and welcome members of any skill level. Check out LSF's adult one-on-one swim training options by emailing lpaquatics@lakeshoresf.com

Yellow indicates a substitute instructor
Red indicates a cancelled class