

May–June 2009

Lawndale Lizards



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	18	19	20	21	22 OPENING NIGHT FOR THE POOL!	23
24	25 Memorial Day	26 PM PRACTICE BEGINS (10 & U: 4 to 4:45) (11 & Up: 4:45 to 5:30)	27 PM Practice	28 PM Practice	29 PM Practice	30
31	June 1 PM Practice	2 PM Practice	3 PM Practice	4 PM Practice	5 PM Practice	6 Time Trials (Time TBD)
7	8 PM Practice	9 PM Practice	10 PM Practice	11 PM Practice	12 PM Practice	13
14	15 1st Swim Meet *Be there at 4:30	16 NO PRACTICE	17 AM PRACTICE BEGINS (10 & U: 8:30 to 9:30) (11 & Up: 9:30 to 10:30) <u>Stroke Clinic</u> (all ages: 6:30 to 7:30)	18 AM Practice Pancake Breakfast **Picture Day** 2nd Swim Meet *Be there at 4:30	19 NO PRACTICE	

* Please be *10 minutes early* for all practices for stretching and dry-land warm-up.
* Don't forget goggles, towel and water bottle.