

November '19

S	M	T	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Lightning Training Schedule

December 2019



January '20

S	M	T	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	3	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	4	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	5	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	6		7	Pearl Harbor Dev.Sr:630-830a Adv.Sr:630-830(Sw) 845-915(D) PB Cnty Santa Claus & Holiday Sprint Inv.
8		9	Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	10	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	11	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	12	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	13		14	Dev.Sr:630-830a Adv.Sr:630-830(Sw) 845-915(D)
SPEEDO WINTER JR. NATIONAL CHAMPIONSHIPS													
15		16	Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	17	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	18	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	19	Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	20		21	Dev.Sr:630-830a Adv.Sr:630-830(Sw) 845-915(D)
22	Dec. Solstice	23	Chanukah	24	Christmas Eve	25	Christmas Day	26	Kwanzaa begins	27		28	
Lightning Holiday Break													
			Dev.Sr:7-8:45a Adv.Sr: 630-845a						Dev.Sr:7-8:45a Adv.Sr: 630-845a				Dev.Sr:7-8:45a Adv.Sr: 630-845a
29		30		31	New Year's Eve	1		2		3		4	
Lightning Holiday Break													
5	Lightning Holiday Break			Notes FULL PRACTICE SCHEDULE RESUMES TUES. 1/7									