



# LMU MASTERS

## Spring 2012 Schedule

DAY OF WEEK	MORNING	MID-DAY	EVENING
<b>MONDAY</b> Theme Coach Course	5:30-6:30 Mid Free Bonnie Adair Short Course		6:30-7:30 Mid Dist Free & Pacing Bonnie Adair Long Course
<b>TUESDAY</b> Theme Coach Course	5:30-6:30 & 6:30 -7:30 Distance/Mid Distance Clay Evans/Lauren Dale Long Course	12:00-1:00 Distance Free Bonnie Adair Long Course	
<b>WEDNESDAY</b> Theme Coach Course	5:30-6:30 Dist Free Clay Evans Short Course	12:00-1:00 Quality Free & Stroke Bonnie Adair Long Course	6:30-7:30 Quality/Stroke Penny Burnstein Short Course
<b>THURSDAY</b> Theme Coach Course	5:30-6:30 & 6:30 -7:30 Mid Distance/Stroke & IM Clay Evans/Lauren Dale Short Course	12:00-1:00 Mid Dist Free Alex Tunland Short Course	
<b>FRIDAY</b> Theme Coach Course	5:30 -6:30 Mid Free Clay Evans Short Course	12:00-1:00 Dist/Stroke Penny Burnstein Short Course	6:30-7:30 Distance Penny Burnstein Long Course
<b>SATURDAY</b> Theme Coach Course	6:45-8:00 Distance Free Clay/Bonnie Long Course		
<b>SUNDAY</b> Theme Coach	8:00 - 9:00 Coaches choice Clay/Bonnie  9:00 10:00 (some Sundays) SWIM 101* - Intro workout for beginners only. *Need to call SCAQ office at 310 390-5700 to reserve space		

### JANUARY SCHEDULE CHANGES:

- MLK holiday workouts are at 5:30-6:30am & 6:30-7:30am only
- There will be an extra 5:30am workout on Tu & Th throughout January.

THANKS to all of you generous swimmers that participated in our LMU 5K Fundraiser last weekend. Your generous donations help defray some of the costs for our LMU Women's Swim team so these hardworking amazing young ladies can have a memorable college experience. You've helped make that happen. Hope you enjoyed the 50 x 100's and are not too sore. :-)

For more information about the LMU Masters program, email Bonnie Adair at [badair@lmu.edu](mailto:badair@lmu.edu) or call 310 258-4685. AM Workouts at LMU are part of SCAQ Swim Club program but are open to LMU Master swimmers.