

2017 Lake Forest Swim Team Schedule

Registration is online at www.lfswimteam.com or on May 6 from 10 a.m.-2 p.m.

Practice Schedule:

Afternoon Practice Session

May 15 - May 26:

Ages 11 & up: Mon - Fri; 4-5pm
 Ages 8-10: Mon, Wed, Fri; 5-6pm
 Ages 7 & under: Tues, Thurs; 5-6pm
 *No practice May 29 (Memorial Day)

Morning Practice Session

May 30 - July 27:

Ages 11 & up: Mon - Fri; 8-9am
 Ages 8 - 10: Mon - Fri; 9-10am
 Ages 7 & under: Mon - Fri; 10-11am

Warm-up time/Start Time	Date	Meet	Where
6-8 p.m.	6/2	Team Party	Home
5/530	6/8	Intrasquad Meet*	Home
*A parent meeting will begin at 5 p.m. (while swimmers are warming up)			
4:30/5:30	6/17	Jackson	Away
TBA	6/20	Springhill	Home
TBA	6/27	Country Club of Mobile	Away
4:30/5:30	6/29	Jackson	Home
4:30/5:00	7/11	West Mobile	Away
Morning	7/14	Tubing Trip @ Adventures Unlimited	
5:00/5:30	7/18	Oakwood	Away
TBA (morning)	7/22	MCAL Qualifier Meet	Home
TBA***	7/28-29	MCAL City Meet	Bishop State

***City Meet: Younger ages usually swim in the morning, while ages 11 and up usually begin at about noon. The times will be released closer to the date of the meet.