



Come join the best summer swim program on the Eastern Shore

Bring your swimmers ages 3 to 18 to join us for a summer full of fun and fitness where every swimmer will be treated like family.

**Registration is May 4th
from 10AM to 1PM**

**at the Lake Forest Racquet and Swim Club Pool
located at 202 Country Club Dr in Daphne**

Beginning swimmers should bring a suit on this date to be evaluated.

Swim and Tri will be at the pool with suits, goggles and other gear.

Come meet the coaches and board members

You can also sign up at www.lfswimteam.com

Questions? Check out the most frequently ask questions on our website or email us at lakeforestswimassociation@gmail.com



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