



Summer Swim Team and Pre-Team

Join us for a summer of fun!
Open to all children, aged 4-18

Team: May 29 - July 21

All-Stars through July 29

Pre-Team: June 13 – July 19

Registration: May 12, 12:00pm-2:00pm

Afternoon Practice Schedule:

Monday-Thursday: May 29 – June 7

Monday, Tuesday, Thursday: June 11- July 19

4:00pm-4:30pm: 8 & under

4:30pm -5:30pm: 9-12

5:30pm -6:30pm: 13 & over

Friday:

5:00pm -5:30pm: all

Swim Meets:

Wednesdays: 5:00pm – 8:45pm: B Meets

Saturdays: 8:00am -11:45am: A Meets

Fees:

\$110 – 1st swimmer in family

\$100 – 2nd swimmer in family

\$90 – 3rd swimmer in family

\$50 – Pre-team

*Maximum of \$300 per family

Morning Practice Schedule:

Monday-Friday: June 13-July 20

8:00am -9:00am: 10 & under

9:00am -10:00am: 11 & over

Monday-Thursday:

10:00am -10:30am: **Pre-Team**

Spirit Activities:

Friday Breakfasts: 10:00am

Friday Dinners and Pep-Rallies: 5:30pm

Saturday Lunches: 12:00pm

Coaches:

Head Coach: Samantha Holtz

Assistant Coach: Lauren Gunnison

Assistant Coach: Morgan Kershner

Assistant Coach: Katie Ross

Questions:

Contact Laurie Forte, Swim Team Rep

Team_rep@forestknollspool.com

301-356-0964