

FOREST HILLS SWIM TEAM PRACTICE SCHEDULE

May 30 – June 7

Swimmers ages 8 and under swim from 3:30 pm to 4:15 pm

Swimmers ages 9 and over swim from 4:15 pm to 5:45 pm

No practice Saturday June 3

No practice Sunday June 4

No practice June 7 – Last Day of School

After school is out. The following will be our practice schedule for the remainder of the season:

Monday, Tuesday, Wednesday, Friday:

Swimmers ages 9 and over swim from 8:30 am to 10 am

Swimmers ages 8 and under swim from 10 to 10:45 am

Thursday and Sunday:

Swimmers ages 8 and under swim from 6:00 pm to 6:45 pm

Swimmers ages 9 and over swim from 6:45 pm to 8 pm

Our first meet will be Monday June 12th at Elks Club. Warm-ups start at 5 pm and the competition starts at 6 pm.