

# June 2024 Lindmoor Woods Swim Team Calendar (Version Date 4/1/2024 )

*You must practice with your age group!*

## Morning Practice Schedule (May 27 – June 24)

6&U 7:30am – 8:00am  
 7-8 8:00am – 8:45am  
 9-10 8:45am – 9:15am  
 11-12 9:15am – 10:00am  
 13+ 10:00am – 10:45am

## Afternoon Practice (May 29 – June 20): Select Mondays, Wednesdays, Thursdays

6&U and 7-8 5:45pm – 6:15pm  
 9-10 and 11-12 6:15pm – 7:00pm  
 13+ 7:00pm – 7:45pm

*Afternoon practice is for those that cannot attend morning practice due to scheduling conflicts such as camps. Morning practice is encouraged because only two lanes are available for afternoon practice. You cannot attend Morning and Afternoon Practices.*

## Donut Wednesdays for All Groups & Ages (May 29 – June 25. There will be one "Tuesday" Donut/Awards on June 25)

10:00am – 10:30am Awards, Ribbons & Donuts  
 10:30am – 11:00am Clinics\* or Play

*\*You may participate in a Coach DJ Swim Clinic in the competition pool area or you can play in the diving board area with Assistant Coaches monitoring.*

**Donut Wednesday during Afternoon Practice (May 29-June 19) will include practice, ribbons, and popsicles (no Donuts). There will not be an afternoon Donut "Tuesday" on June 25.**

## Parent Yoga (May 28 – June 20)

**Tuesdays & Thursdays**  
 7:30am – 8:00am  
 8:00am – 8:30am  
 8:30am – 9:30am

**Private Lessons with Coach DJ:** For more information and to schedule a lesson, email Coach DJ

## Junior Sharks (May 28 – June 21): Mondays, Tuesdays, Thursdays, Fridays

11:00am – 11:30am  
 Junio Shark Swim Meet, June 21 at 11:00am

**ASA Championships Date – TBD**  
**ASA Special Practices – TBD**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Morning Practice Junior Sharks Afternoon Practice Swim Meet Prep	4 Morning Practice Parent Yoga Junior Sharks Swim Meet	5 Donut Wednesday Afternoon Practice	6 Morning Practice Parent Yoga Junior Sharks Afternoon Practice	7 Morning Practice Junior Sharks	8
9	10 Morning Practice Junior Sharks Afternoon Practice Swim Meet Prep	11 Morning Practice Parent Yoga Junior Sharks Swim Meet	12 Donut Wednesday Afternoon Practice	13 Morning Practice Parent Yoga Junior Sharks Afternoon Practice	14 Morning Practice Junior Sharks	15
16	17 Morning Practice Junior Sharks Afternoon Practice Swim Meet Prep	18 Morning Practice Parent Yoga Junior Sharks Swim Meet	19 Donut Wednesday Afternoon Practice	20 Morning Practice Last Parent Yoga Junior Sharks Last Afternoon Practice	21 Morning Practice Junior Sharks Swim Meet Swim Meet Prep	22
23	24 Last Morning Practice Lock-in Sign-up Deadline Swim Meet	25 Morning Practice for ASA Championships Participants Only Donut Tuesday Awards Only Team Banquet 6:30pm	26 ASA Championships? Morning Practice for ASA Championships Participants Only?	27 ASA Championships?  Team Lock-in Event 7pm+ (Ages 11+)	28	29