

May 2024 Lindmoor Woods Swim Team Calendar (Version Date 3/21/2024)

You must practice with your age group!

May Afternoon Practice Schedule (May 1 – May 23)

6&U 4:30pm – 5:00pm
 7-8 5:00pm – 5:30pm
 9-10 5:30pm – 6:15pm
 11-12 6:15pm – 7:00pm
 13+ 7:00pm – 7:45pm

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.

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

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

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

Donut Wednesdays for All Groups & Ages (May 29 – 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 20) will include practice, ribbons, and popsicles.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim Team Family Open House & Cookout <i>Meet Coaches, Swim Team Committee & Sponsors; Pick-up Gear; Learn about swim team events, volunteer opportunities and more!</i> Sunday, April 28, 2024 Lindmoor Woods Pool Deck (Pool will NOT be open for swimming or play) 2:00pm – 4:00pm			1 1 st Day of May Afternoon Practice (Runs: May 1-23)	2 May Afternoon Practice	3 May Afternoon Practice	4
5	6 May Afternoon Practice	7 May Afternoon Practice	8 May Afternoon Practice	9 May Afternoon Practice	10 May Afternoon Practice	11
12	13 May Afternoon Practice	14 May Afternoon Practice	15 May Afternoon Practice	16 May Afternoon Practice	17 May Afternoon Practice Duathlon Packet Pick-up & Set-up 5pm-7pm	18 Duathlon Fundraiser 8am-2pm
19	20 May Afternoon Practice	21 Swim Team Time Trial 5pm-6:30pm	Last Day of School for Most Schools 22 May Afternoon Practice	23 May Afternoon Practice	24 Pool Opens to Members *No practices*	25
26	MEMORIAL DAY 27 1 st Day of Morning Practice (Runs: May24-June 24) Swim Meet Prep	28 Morning Practice Parent Yoga Begins Junior Sharks Begins Swim Meet	29 Donut Wednesday Afternoon Practice Times Change Today (Runs: May 29-June 21)	30 Morning Practice Parent Yoga Junior Sharks Afternoon Practice	31 Morning Practice Junior Sharks	