

# May 2024 Lindmoor Woods Swim Team Calendar (Version Date 5/5/2024)

*You must practice with your age group!*

## May Afternoon Practice Schedule (May 1 – May 20)

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 with scheduling conflicts like camps. Morning practice is encouraged as only two lanes are available in the afternoon, and you can't attend both morning and afternoon sessions.

\*\*\*\*\*Afternoon Practice Sign-up Form Coming Soon\*\*\*\*\*

## 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 23 – June 24)

6&U 7:30am – 8:00am  
 7-8 8:00am – 8:30am  
 9-10 8:30am – 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 – 11:15am 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 and/or

Coach Natalie: For more information and to schedule a lesson, email Coach DJ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Team Family Open House &amp; Cookout</b> <i>Meet Coaches, Swim Team Committee &amp; Sponsors; Pick-up Gear; Learn about swim team events, volunteer opportunities and more!</i> <b>Sunday, April 28, 2024</b> <b>Lindmoor Woods Pool Deck</b> (Pool will NOT be open for swimming or play) <b>2:00pm – 4:00pm</b>			<b>1</b> 1 <sup>st</sup> Day of May Afternoon Practice (Runs: May 1-23)	<b>2</b> May Afternoon Practice	<b>3</b> May Afternoon Practice	<b>4</b>
<b>5</b>	<b>6</b> May Afternoon Practice	<b>7</b> May Afternoon Practice	<b>8</b> May Afternoon Practice	<b>9</b> May Afternoon Practice	<b>10</b> May Afternoon Practice	<b>11</b>
<b>12</b>	<b>13</b> May Afternoon Practice	<b>14</b> May Afternoon Practice	<b>15</b> May Afternoon Practice	<b>16</b> Entry & Job Deadline May Afternoon Practice	<b>17</b> May Afternoon Practice Duathlon Set-up 5pm-7pm	<b>18</b> Duathlon Fundraiser 8am-2pm
<b>19</b>	<b>20</b> May Afternoon Practice Concession Items Due	<b>21</b> Swim Team Time Trial 5:30pm-7:30pm Fundraiser-Order Moe's Meal Kits for dinner Delivered to Pool	Last Day of School for Most Schools <b>22</b> Pool Opens to Members *No practices*	<b>23</b> Entry & Job Deadline 1 <sup>st</sup> Day of Morning Practice (Runs: May23-June 24)	<b>24</b> Morning Practice	<b>25</b>
<b>26</b>	MEMORIAL DAY <b>27</b> Morning Practice Home Swim Meet Prep	<b>28</b> Morning Practice Parent Yoga Begins Junior Sharks Begins Home Swim Meet	<b>29</b> Donut Wednesday 1 <sup>st</sup> Afternoon Practice (Runs: May 29-June 20)	<b>30</b> Morning Practice Parent Yoga Junior Sharks Afternoon Practice	<b>31</b> Morning Practice Junior Sharks	