



2025 School Practice Schedule

May 27th - June 13th

Monday, Tuesday, Wednesday & Thursday evenings for 1 hour while school is still in session.

5:00 pm	Ages 4-8	6&Under, 8&Under
6:00 pm	Ages 9-11	12&Under, 10&Under
7:00 pm	Ages 12 & Up	12&Under, 14&Under, 18&Under

**All adjustments to practice groups must be approved by the coaches. Swimmers will be grouped in lanes by ability.*

2025 Summer Practice Schedule

June 16th- July 31st

Monday, Tuesday, Wednesday & Thursday mornings for 1 hour; evenings 45 min.

7:00 am	Ages 12 & Up	12&Under, 14&Under, 18&Under
8:00 am	Ages 9-11	12&Under, 10&Under
9:00 am	Ages 4-8	6&Under, 8&Under
8:15 pm Mon/Tues/Wed/Thurs	Ages 11 and under	6&under, 8&Under, 10&Under (ages 11 as of June 15)
9:00 pm Mon/Tues/Wed/Thurs	Ages 12 and over	12&Under, 14&Under, 18&Under

Regular Season ends July 26th. All Activities July 28th-August 2nd are invitation only for Divisional & All Star participants.

2025 Lasers Swim Meet Schedule

June 16th-August 2nd

June 5 @ 5:00 pm	Time Trials	HOME (Intrasquad - Larkspur ONLY)
June 14 @ 8:00 am	Regular Season	HOME VS Mallory Country Club
June 21 @ 8:00 am	Regular Season	HOME vs Broad Bay
June 28 @ 8:00 am	Regular Season	AWAY @ Great Bridge
July 5	Regular Season	BYE WEEK
July 12	Regular Season	BYE WEEK
July 19 @ 8:00 am	Regular Season	AWAY @ Chesapeake Golf Club
July 26 @ 8:00 am	Championship	Marlin Divisional Championship Meet (Invitational Only)
August 2 @ 8:00am	Championship	All Stars Championship Meet (Invitational Only)

End of Season Celebration/ Awards Banquet @ Larkspur, July 20th @ 6:00 pm