



2022 School Practice Schedule

May 25th-June 18th

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

5:00 pm	Infra Red (Ages 4-8)	6&Under, 8&Under
6:00 pm	Ultra Violet (Ages 9-11)	12&Under, 10&Under
7:00 pm	Gamma Gold (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.*

2022 Summer Practice Schedule

June 20th-August 6th

Monday, Tuesday, Wednesday & Thursday mornings for 1 hour.

8:00 am	Gamma Gold (Ages 12 & Up)	12&Under, 14&Under, 18&Under
9:00 am	Ultra Violet (Ages 9-11)	12&Under, 10&Under
10:00 am	Infra Red (Ages 4-8)	6&Under, 8&Under
11:00am	Swim School (Ages 4-9)	Swim School (50 minutes)
5:00 pm Mon/Tues only	Coach's Approval Practice	ALL Swim Team *Makeup Practice for Summer Camps or work schedules.

Regular Season ends July 28th. All Activities July 29th-August 6th are invitation only for Divisional & All Star participants.

2022 Lasers Swim Meet Schedule

June 18th-August 6th

June 18 @ 8:00am	IntraSquad	Battle of the Beams
June 21 @ 4:00pm	Regular Season	AWAY @ Broad Bay Country Club
June 25	Regular Season	BYE
July 2 @ 8:00am	Regular Season	HOME vs Indian Lakes
July 9	Regular Season	BYE
July 16 @ 8:00am	Regular Season	AWAY @ Chesapeake Golf
July 23 @ 8:00am	Regular Season	HOME vs Great Bridge
July 30 @ 8:00am	Championship	Marlin Divisional Championship Meet (Invitation Only)
Aug 6 @ 8:00am	Championship	All Stars Championship Meet (Invitation Only)

End of Season Celebration/ Awards Banquet

August 3rd @ 6:00pm

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