



2023 School Practice Schedule

May 22nd - June 16th

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.*

2023 Summer Practice Schedule

June 20th-August 3th

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

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
9:00 am	Lil' Lasers (Ages 4-9)	Lil' Lasers (45 minutes)
8:15 pm Mon/Tues/Wed ONLY	Ages 11 and under	8&Under, 10&Under (ages 11 as of June 15)
9:00 pm Mon/Tues/Wed ONLY	Ages 12 and over	12&Under, 14&Under, 18&Under

Regular Season ends July 27th. All Activities July 28th-August 5th are invitation only for Divisional & All Star participants.

2023 Lasers Swim Meet Schedule

June 17th-August 5th

June 8 @ 5:00 pm	Time Trials	HOME vs JCC (THURSDAY - during practice hours)
June 17 @ 8:00 am	Regular Season	HOME vs Chesapeake Golf Club
June 24 @ 8:00 am	Regular Season	HOME vs Broad Bay
July 6 @ 6:00 pm	Regular Season	AWAY @ StingRays (THURSDAY evening)
July 15 @ 8:00 am	Regular Season	AWAY @ Great Bridge
July 22	Regular Season	BYE WEEK
July 29 @ 8:00 am	Championship	Marlin Divisional Championship Meet (invitation Only)
August 5 @ 8:00am	Championship	All Stars Championship Meet (Invitation Only)

End of Season Celebration/ Awards Banquet

July 23rd @ 6:00 pm