

PINES LAKE SWIM TEAM SCHEDULE

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 FIRST DAY OF PRACTICE!	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 FIRST MEET!!!! AWAY @ PEQUANNOCK	26	27
28	29 HOME VS. LAKE VALHALLA	30				

Pre-Season Practices:

8-U: 4-4:45

9 and over: 4:45 - 5:30

Regular Schedule:

***Open Stroke Clinic: 10-11am**

10 and Under: 11am-12pm

11 and over: 12-1pm

***** No Stroke Clinic on Friday's**

Swim Meet Schedule:

Arrive: 5:15pm

Warm-up: 5:30pm

****We will have practice on meet days****



PINES LAKE SWIM TEAM SCHEDULE

JULY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 4th of July - NO PRACTICE	4
5	6 HOME VS. SMOKE RISE	7	8	9	10	11
12	13 HOME VS. LINCOLN PARK	14	15	16	17	18
19	20 AWAY @ WAYNE TOWNSHIP	21	22	23	24	25
26	27 RAMAPO HILLS CONFERENCE CHAMPIONSHIPS!	28	29	30	31	

PRACTICE SCHEDULE:

Regular Schedule:

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