

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 Bonfire and Parent Meeting	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

11 and Over: 11am-12pm

10 and under: 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 SWIM TEAM FUN RELAYS	29 FAMILY MEET	30 Swim Across the Lake Swim Team Party	31	

PRACTICE SCHEDULE:

Regular Schedule:

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