

FOREST HILLS SWIM PRACTICE SCHEDULE

May 27 – May 31

Swimmers ages 8 and under swim from 5 pm to 5:45 pm

Swimmers ages 9 and over swim from 5:45 pm to 7 pm

No practice Saturday June 1

No practice Sunday June 2

First Swim Meet Monday June 3rd at Hunting Hills. Warm-ups start at 5 pm and the competition starts at 6 pm.

Normal Practice Schedule Starts June 3:

Monday, Tuesday, Wednesday, Friday:

Swimmers ages 9 and over swim from 8:30 am to 10 am

Swimmers ages 8 and under swim from 10 to 10:45 am

Thursday and Sunday:

Swimmers ages 8 and under swim from 6:00 pm to 6:45 pm

Swimmers ages 9 and over swim from 6:45 pm to 7:45 pm

MEET SCHEDULE:

June 3rd at Hunting Hills

June 10th at Read Mountain

June 17th vs. Olympic Park and Vinton Swimming at Home

June 24th vs Stonegate at Home

July 1st vs OLN at Home

July 8th vs Hidden Valley at Home

City/County Championship - July 19th and 20th - Christiansburg Aquatic Center