

## Lakewood Summer Swim League Information

*Once you register, we'll reach out via email in later May to figure out the best group placement for your child. As long as your child can swim enough to not be a drowning risk, we'll find a place for them.*

*Groups are split up based on age and ability.*

Mercury	Beginner swimmers	ages 7, 8
Bronze	Novice swimmers	ages 7, 8, 9,
Silver	Intermediate swimmers	ages 9, 10, 11
Gold	Advanced swimmers	ages 10, 11, 12, 13

*Practice schedule*

[Practice schedule here. It is subject to change based on number of swimmers.](#)

*Meets are held in the evening at the Lakewood High School Pool*

Meets are designed to be fun, with an emphasis on seeing improvement from the last meet, cheering on our friends, and being a good sport. Meets are from 5:30pm-7:15pm on:

Tuesday, June 20

Tuesday, June 27

Thursday, July 13

*Attire*

There is no team bathing suit. We would recommend swim trunks/one piece suit. If your swimmer has long hair, we would strongly suggest tying it back for practices and meets. Your swimmer will need a good pair of goggles. We suggest you write their name on the strap. Your swimmer will get a t shirt.

*Questions? Please email [matt.demaline@lakewoodcityschools.org](mailto:matt.demaline@lakewoodcityschools.org)*