

Hi All,

Today begins our adjusted spring schedule!

Please read below to ensure you are aware of the adjustments for the next few months:

<https://www.longislandswimming.com/liac-main-calendar.html>

Practice Times and locations starting 4/13/26:

Monday: 6:30 PM - 8:00 PM @NCC

Wednesday: Swim 4:15 PM - 5:45 PM ; Dryland 5:45 - 6:15 PM @NCAC

Thursday: Dryland 6:15 PM ; Swim 6:45 PM - 8:15 PM @NCAC

Sunday: 7:30 AM - 9:00 AM @FP

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If you haven't completed the JotForm for your athletes Meet Attendance for the LCM season, please do so by tonight: <https://form.jotform.com/260196220948056>

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If your athlete cannot attend the Age Group Dual Championships this Saturday 4/18, please let me know as soon as possible.

Any questions, please let me know.

Thank you,
Natalie