

F*A*S*T

Forestbrooke Athletic Swim Team

Summer 2025



Who Should Join?

- Do you want to have FUN?
- Do you want to learn 4 BASIC strokes and see what swim competitions are like?
- Do you want to be part of a TEAM and make NEW FRIENDS?

Practice Times

- **Pre-Season Practices (6/2-6/13):**
Swimmers M/W/F 4:15-5:00 11 and Up,
5:15-6:00 10 and Under
Divers T/TH: 4:30-5:15 (littles) and 5:15-6:00 (biggs)
- **Swim Practices:** Monday-Friday (Starting Monday June 16th)
 - 9 & 10 year olds: 9-10am
 - 11 & 12 year olds: 9-10am
 - 13 & Up: 10-11:15am
 - 8 & Unders: 11:15am-12pm
- **Dive Practices:** Monday-Wednesday, 3:00-4:30 pm (Starting June 16th)
 - Split by age/experience
 - Thursday off-site practice at Chippewa 7:30-8:30pm

Meet Schedule

Swim Meets:

- Saturday, June 21 Home vs. Ypsilanti
- Saturday, June 28 Away @ Ann Arbor Y
- Saturday, July 5 Home vs. Milan
- Saturday, July 12 Away @ Chelsea
- Saturday, July 19 Home vs. Lincoln

Dive Meets:

- Friday, June 20 Away @ Whitmore Lake
- Friday, June 27 Home vs. Orchard Hills
- Friday, July 4 Away @ Chippewa
- Friday, July 11 Home vs. Intersquad
- Friday, July 18 Home vs. M50 Drags

WISC SWIM Championship Dates

(Held at Ann Arbor Skyline High School)

- Monday, July 21 13 and up
- Tuesday, July 22 9-10
- Wednesday, July 23 8 and under
- Thursday, July 24 11-12 / coaches relay

WISC DIVE Championship Dates

- Monday, July 21 8 & Under (Racqt Club)
- Tuesday, July 22 11-12 (Travis Pointe)
- Wednesday, July 23 13 & Up (Huron Valley)
- Thursday, July 24 9-10 (Georgetown)

Other Important Dates

- Swim-a-thon (with sleepover) → July 15
- Team Spaghetti Dinner → July 20
- Awards and Ice Cream Social → July 25 6:30p
- This year we will ask for **parent event leads**

