



## ***INTERESTED IN SUMMER SWIMMING?***

**Lake Forest Vikings – NJRLL Small Division Champs 2014, 2015, 2016, 2017, 2019!!**

The Lake Forest Viking's Team is a summer swim team that competes in NJRLL.

It is open to all swimmers age 5 to 18 year of age.

You do not have to live in Lake Forest to be part of the team.

**Join us at Lake Forest Beach  
for an  
Open Registration on March 26, 2023  
from 3pm – 5pm**

**Meet our coaches and mingle with our parents - ask questions and learn  
about the team – more information to follow!**

**Pizza will be served while supplies last!**

*Have questions and don't want to wait?*

*Contact Dan Schultz at 973-876-8974 or [dschultz6216@gmail.com](mailto:dschultz6216@gmail.com)*

*We look forward to seeing you!*

**Everyone is welcome on the Lake Forest Swim Team  
including all areas surrounding Jefferson!**