



**Read this on our website:** <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

## **Announcements & Reminders**

- **July Swimming Lessons promotion- now through July 7!**  
Registrants will receive \$10 off private and \$20 off of Group Swim Lessons at Crawfish Aquatics when registering for remaining July sessions. Tell a friend!  
<http://www.crawfishaquatics.com/20-off-july-lessons/>
- **State Meet Reminders!**
  - 12 & Under State entries will be submitted on Tuesday.
  - Sign up deadline for 13 & Older State: July 6
  - State Meet Team dinner, July 8 at Crawfish! RSVP online & sign up for an item.
  - Info & online sign ups: <http://www.crawfishaquatics.com/swim-team/meet-information/>
- **4th of July practice schedule**
  - Novice, 8 & U and Age Group- no practice July 4 or 5
  - Junior Red- no practice July 4
  - Junior White- 9:15-10:45am (no afternoon)
  - Junior Black- regular AM practice (9-11am)
  - Senior Red- 9:00-10:30am (no afternoon)
  - Senior White- regular AM practice schedule
  - Senior Black- regular practice schedule

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### **RSVP for the Pre-State Meet Team Dinner this Sunday!**

We will come together to share a meal and make posters on Sunday, July 8 in preparation for the upcoming State Championship meets. Crawfish Aquatics will provide the spaghetti and we are asking for families to sign up to bring salads, bread, fruit or desserts. *Dinner will be served at 5:30pm!*

**RSVP online here:** <http://www.crawfishaquatics.com/calendar/championship-season-team-dinners>

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### **Towel Drive- New Goal! Let's bring in 120 more for the next group!**

Wow! We reached the 120 towels goal for our first session of Outreach lessons and are excited to announce we are going on ALL IN for the second (final) session of the summer, July 9-19! We have another 120 students coming in through our Outreach program and we want to provide towels to them as well.

Who's with us? We would love to hand them out earlier in the session for this second group so if you can, please donate a towel by dropping it off to the Info Booth OR using the convenient Target online registry that has been updated to reflect the needs for Session 2.

***Thank you for your support and helping to Wrap them in Love!***

Click here for the registry:

<https://www.target.com/gift-registry/giftgiver?registryId=67d941a0e9164e74abf8f848289785f1>

Learn more:

<http://www.crawfishaquatics.com/wrap-them-in-love-towel-drive>

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## **Upcoming CPR Course for Parents! Next Classes are June 28, July 12 or July 21**

Crawfish Aquatics offers non-certifying CPR classes to equip parents with the skills to respond to cardiac and breathing emergencies in children. Your \$10 registration fee goes to Crawfish Agape International which funds Crawfish Aquatics Outreach Swim Lessons programs, Water Safety Education material freely provided to community organizations and supports the Water Safety programs provided to schools.  
<http://www.crawfishaquatics.com/more1/non-certificate-granting-cpr-course/>

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### **Practice Schedule Week of July 2**

- **Novice** (outdoor pool)
  - [Summer Newsletter](#)
  - Ages 4-8yrs: 8:30am, 3:45pm, or 4:30pm (M/W or T/Th group)
  - Ages 8-9yrs: 5:15-5:55pm (M/W or T/Th group)
  - Ages 9-12 yrs: 9:15-10:15am or 6:00-7:00pm (M/W or T/Th group)
  - ***Practice Mon/Tues only this week (July 2-3).***
  - Reminder: No practice Wed, July 4 or Thurs, July 5
  
- **8 & Under**
  - [Summer Newsletter](#)
  - 8:30-9:15am (outdoor pool)
  - 4:10-5:00pm (indoor pool)
  - M/W, T/Th or Mon-Thurs groups
  - Practice Mon/Tues only this week (July 2-3).***
  - Reminder: No practice Wed, July 4 or Thurs, July 5
  
- **Age Group**
  - [Summer Newsletter](#)
  - 9:15-10:30am
  - 5:00-6:15pm for Age Group 1 & 2
  - 6:15-7:30pm for Age Group 3 & 4 (Adv Age Group).
  - Practice Mon-Tues only this week (July 2-3)***
  - No practice Wed, July 4 or Thurs, July 5
  
- **Junior Red**
  - Mon, Tues, Thurs, 4:00-5:00pm
  - No practice on Wed, July 4.
  
- **Junior White**
  - Mon- Swim- 6:00-7:15pm
  - Mon- 5:30-6:00pm drylands
  - Tues/Thurs- 5:00-6:30pm swim
  - Wed, 9:15-10:45am (no afternoon)
  - Saturday- 9:45am abs on deck and 10:00-11:15am swim
  
- **Junior Black**
  - Mon-Thurs and Sat, 9:00-11:00am
  - Mon/Wed drylands, 8:30am
  - Core on deck, T/Th at 9:00am (swim after)

- **Senior Red**  
-Mon and Fri, 4:30-6:00pm  
-Tues, Wed, Thurs, 9:00-10:30am (drylands 10-10:30am)
  - **Senior White**  
-Mon-Thurs & Sat, 7:00-9:00am  
-Mon/Wed/Fri, 2:15-4:15pm strength & swim (swim only on Friday)  
-Saturday, 8:00-10:00am
  - **Senior Black**  
-Monday, Wednesday- 6:45 to 9AM Swim, 2-4PM Swim  
-Tuesday, Thursday- 5:30AM - 9AM Strength & Swim  
-Friday, 7:00- 9AM Swim  
-Saturday, 6:30-9AM Swim  
*\*Core on Monday and Wednesday (1:40PM)/Friday Afternoon for Black 1 only*
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### **Upcoming Dates for Practice Schedules & Events**

<http://www.crawfishaquatics.com/swim-team/meet-information/>

- **July 4-5:** No practice, Novice / 8 & Under / Age Group (J Red, no practice July 4)
- **July 4:** modified practice schedules for Junior / Senior (no practice for Junior Red)
- **July 8:** State Championship Team Dinner  
*RSVP: <http://www.crawfishaquatics.com/calendar/championship-season-team-dinners>*
- **July 12-15: 12 & U State Championship at UNO**  
*Sign up: <http://www.crawfishaquatics.com/calendar/12-under-long-course-state-championship>*
- **July 19-22: 13 & O State Championship at UNO**  
*Sign up: <http://www.crawfishaquatics.com/calendar/13-older-long-course-state-championship>*
- **July 25/26:** End of Summer practice schedules  
*Last Day of Summer Season Novice; last day of Summer practices for 8 & U / Age Group*
- **August 13-14:** New Swimmer Placement Evaluations

### **Post Long Course/Summer Season Practice Break**

- Senior: No practice Thursday, July 26- Tuesday, August 7 (return Wed, August 8)
  - Junior: No practice Wed, July 25- Tuesday, August 7 (return Wed, August 8)
  - Age Group / 8 & U: No practice July 27-August 14 (return Aug 15 to school year schedule)
  - Novice: Fall Season begins August 27
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### **Connect with Crawfish Aquatics online**

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
  - Facebook: [www.facebook.com/crawfishaquaticsbatonrouge](http://www.facebook.com/crawfishaquaticsbatonrouge)
  - Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
  - Twitter: <https://twitter.com/crawfishaquatic>
  - Website: [www.crawfishaquatics.com](http://www.crawfishaquatics.com)
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