

Lakeshore Programs 2026

Water-polo

Coaches: Noah(Head), Alex, Alexis, Margaux,

Monday and Wednesday: 12:30 pm -1:15 pm

Games: Monday and Thursday nights

Lessons: Monday-Thursday from 10:30-11:00 am

Diving

Coaches: Cole(Head), Maxence

Tuesday and Thursday: 1:15 pm-2:00 pm

Saturday night practice: TBD by coaches

Competitions every Sunday morning

Lessons: Monday-Thursday from 10:00-10:30 am

Synchro

Coaches: Lily / Emily (Head), Emma, Mia, Alice, Catie

Monday and Wednesday: 1:15 pm – 2 pm

Friday: 1:00 pm – 2:00 pm

Lessons: Monday-Thursday from 10:30-11:00

Aquafit

Instructors: Annabelle and Alexa

Monday-Thursday: 11:00 am-11:45 am

Fun Team

Coaches: Lily (Head), Jasmine, Margaux, Annabelle

Monday-Thursday: 11:30 am – 12:30 pm

Bronze Medallion/Cross

Instructors: Devin

Monday, Wednesday, Friday: TBD

Masters

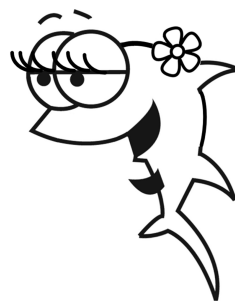
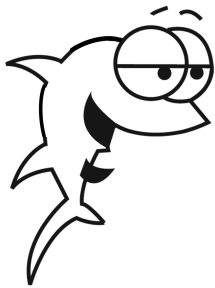
Coach: Daniel / Alexis

Tuesday and Friday: 8:15 pm 9:00 pm

Leaders

Instructor: Alex (Head), Gab, Thomas, Jasmine

Meetings: TBD by coaches / Activities: TBD by coaches



Swim Team/Équipe de natation 2026

Coaches/Entraîneurs

Head Coach/Entraîneur-Chef: Emma

8 & under: Devin, Thomas, Mia, Vincent

9&10: Emily, Cole,

11&12: Daniel, Alexa

13&14: Emma, Gab

Practices/Entraînements

Monday & Tuesday/Lundi et Mardi:

11&12 + 13&14 from/de 11:00 am – 11:45 am

8&under + 9&10 from/de 11:45 am – 12:30 pm

Wednesday/Mercredi (Stations):

11:30 am – 12:30 pm (All age groups)

**All swimmers participating in swim meets on Wednesday nights must arrive at the host pool by 6:15 pm/ Tous les nageurs qui participent dans les compétitions mercredi Soir doivent se rendre à la piscine recevante par 18h15.*

Thursday/Jeudi (Fun Day!):

11:30 am – 12:30 pm (All age groups)

Friday/Vendredi:

12:00 pm – 1:00 pm (All age groups)