



INTERESTED IN SUMMER SWIMMING? COME CHECK US OUT!!

Lake Forest Vikings - NJRLL Small Division Champs 2014 & 2015!!

Registration on April 17, 2016
2-4 at Lake Forest Yacht Club
35 Yacht Club Drive,
Lake Hopatcong
Mandatory Parent meeting
at 3pm

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 yrs. of age. You do not have to live in Lake Forest to be part of the team. Check out our website at www.LFYC.org. For more information contact Bonnie Sabia at 973-663-5978 or pbsabia@optonline.net. We look forward to seeing you at the meeting!

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

Come meet the
coaches and board
members! Bring
your questions!