

# LFSC

## LAKE FOREST SWIM CLUB



Lake Forest Aquatic Center  
5407 Killens Pond Rd.  
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### **Head Coach**

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### **Parent Representative**

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### **Facility:**

The Lake Forest swimming pool is a six-lane, 25 meter heated indoor facility with a Daktronics timing system, wave eater racing lanes, a 1-meter diving board, spectator seating for over 200, spacious male and female locker rooms, and ample parking. Starting blocks are located at the deep end of the pool with a depth of 12 ft. The shallow end has a depth of 3.5 ft. A concession stand will be provided.

### **Directions:**

From the south, take Route 13 North. Follow signs on the highway to Lake Forest High School or Killens Pond Water Park (North of Harrington). Turn east (right) off Route 13 onto Killens Pond Road at the red light directly across from Uncle Willie's gas station. Go approximately 1 mile and the school is on your right. As you turn in the school driveway, the pool is located on the right (west) side of the building.

From the north, take Route 13 South. Follow signs on the highway to Lake Forest High School or Killens Pond Water Park (south of Felton). Turn east (left) off Route 13 onto Killens Pond Road and follow directions above.

### **History:**

This summer will mark our team's 31<sup>st</sup> summer season. Our team in 1980 began under the direction of the late Dennis Berry with approximately 40 swimmers. Since that time, our team has added a winter program and has also become part of United States Swimming.