

WEEKLY SPLASH

Update for the week of **6/23/2025**

Great job by all our Rapids at the 3 meets this weekend. Short splash this week but everyone needs to be aware of the schedule changes for the Monroe/SCC pools. Milford you are back on a normal schedule for a week. Yes, the McCann pool is back open, check out the Rapids banner hanging along the back wall. Milford's summer schedule will go into effect next week. Shelton/Monroe you are moving to the summer schedule on Monday 6/23, the schedule was sent out last week.

SCHEDULE CHANGES

Saturday 6/28 - **ALL** practices are canceled for the CT Swim Day at Quassy and CT Swimmings Open Water Championships held at Quassy.

Sunday 6/29 - Seniors have their last long course practice at Velo from 10-12.

****Any practice not listed as changed is on as normal****

MONROE/SHELTON PRACTICE UPDATE

It is the SCC pool's turn to be closed this week. Senior 2 has the option to swim with Senior 1 at Brownson from 7-8:30AM, swim at Masuk 10:30-12 or swim with the Seniors at McCann.

All Juniors and Novice practices scheduled for the SCC will be held at Masuk at the same time. Lakewood practices are not affected.

LAST CALL

Monday is the Quassy fun day sponsored by CT Swimming deadline. [Click HERE for the link to CT Swimming](#).

MEETS

- **Rapids 8/U** July meet deadline is June 26th.

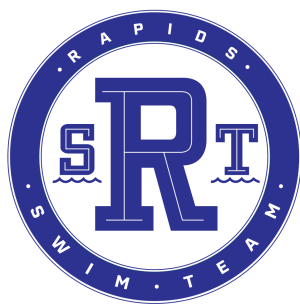
SAVE THE DATE - The can't miss event of the summer!!!

WHEN: Sunday July 20th from 4pm-8PM

WHERE: Our famous end of year pizza party and relays at Lakewood.

WHAT: Relays followed by pizza, raffles and a lot of fun.

RAPIDS SWIM TEAM



WHO: Open for all Rapids families.

NOTE: The season will end with this event for the majority of our swimmers.



RAPIDS SWIM TEAM