



Water Dragons Swim Team (Ages 6-18)

First Practice: June 1 First Meet: June 17

The Water Dragons Swim Team will continue to swim for the Northern Illinois Swim Conference in the C conference for the 2020 season. The Water Dragons Swim Team will challenge your swimmer. At practices, coaches will work on speed, strength and endurance.

Meets are scheduled for June 17, June 24 and July 1 and July 8. Swim meets will be held on Wednesday evenings between 4:30 p.m. - 8:00 p.m. The conference divisional championship meet is scheduled for July 22 and usually begins around 2:00 p.m. Swimmers will compete against teams from Libertyville, Des Plaines, Prospect Heights and Park Ridge.

Registration information: Please register by May 23, 2020. Include your swimmer's shirt size on your registration. All swimmers must pass a skills test at the first practice.

Ages 6 – 10

Practice Schedule: Mon-Fri, 8:00 - 9:00 a.m.

Fee: \$235/res; \$285/non-res Code: 2894

Ages 6-10 must be able to swim all of the following: 25 yards freestyle; 25 yards backstroke; 25 yards breaststroke; basic butterfly stroke or passes level 4 swim class.

Ages 11 – 18

Practice Schedule: Mon-Fri, 8:00 - 9:00 a.m.

Fee: \$235/res; \$285/non-res Code: 2895

Ages 11-18 must be able to swim all of the following: 50 yards freestyle with open turns; 50 yards backstroke; 50 yards breaststroke; 50 yards butterfly.

Dive Camp (Ages 6-18)

Mon-Thurs, 9:00 - 10:00 a.m.

Learn the art of diving with proper form and technique. Dives will be done from the side of the pool and on a 1-meter board. Each child can progress at their own rate beginning with essential techniques and improving strength, flexibility, and mechanics. More advanced students will work on each of the five categories of dives: forward, back, reverse, inward & twist. *Participants must be able to swim 25 yards and tread water for 1 minute.*

Session	Dates	Code
1	Jun. 8 - Jun. 18	2888
2	Jun. 22 - Jul. 2	2889
3	Jul. 6 - Jul. 16	2890
4	Jul. 20 - Jul. 30	2891

Fees per session: \$110/res; \$135/non-res

Jr. Lifeguarding (Ages 11-15)

Candidates are given the opportunity to develop teamwork and leadership, increase swimming skills, perform rescue techniques, and understand responsibilities of aquatic personnel and first responders. Participants will be trained to act in emergency situations and get an introduction to rescue skills/CPR.

Session 1:

Mon-Thurs, Jun. 22- Jul. 2, 8:00 - 10:00 a.m

Fees: \$110/res; \$135/non-res Code: 2892

Session 2:

Mon-Thurs, Jul. 20-Jul. 30, 8:00 - 10:00 a.m.

Fees: \$110/res; \$135/non-res Code: 2893

Early Morning Lap Swim

Mon-Fri, June 8 - August 7, 6:30 - 8:00 a.m.

Whether you are training for a triathlon or looking for a leisurely workout swim, the Aquatic Center welcomes you to join like-minded swimmers during our designated early morning lap swim times. The Aquatic Center has six lanes available during this time. All levels are welcome; circle swimming is encouraged. *(Based on weather)*

Fees:

Members: Included in membership

Ind. Daily: \$5/res; \$6/non-res

10-Pass: \$45/res; \$55/non-res