



SHOLEM SHARKS SWIM TEAM

Ages 4 – 18

Gain self confidence, enhance social skills, and have a sense of accomplishment as a member of our team! Improve swimming skills and endurance through daily practices and weekly competitions. Swimmers must be able to swim a 25 yard free style with their face in the water comfortably (within a reasonable amount of time).

If not, we encourage children to enroll in our swim lessons or preswim team program. Swimmers will compete within their own age group in the East Central Illinois Swim Conference Championship meet. All meets will be held on Saturdays. Swimmers must swim three meets to compete in the championship meet.

Date	Day	Location	Fee (R/NR)	Class ID
5/24-7/24	M-Sa	Sholem Aquatic Center	\$105/\$157.50	120303-A1

Fee includes team t-shirt & swim cap.

Practice Times (determined by coach, exceptions made for families):

- May 24 through the last day of Unit 4 school:
Ages 10 & under: Tu/Th 5:30-6:30pm at Centennial High School
Ages 11+: M/W/F 5:30-6:30pm at Centennial High School

- The first day of Unit 4 summer vacation through July 24:
Ages 11 & up 7:30-9am
Ages 9 & 10 9:15-10:45am
Ages 8 & under 9:15-10:15am

SHOLEM SHARKS PRE-SWIM TEAM

Ages 4 – 7

Is there a swimmer in your family that wants to race but still needs some work on their swimming skills? Are they ready to improve their swimming skills and learn racing starts and turns? If so, then the Sholem Sharks Pre-Swim Team is the place for them. The participants in this program will be coached on their stroke technique and will learn racing starts and turns that will help prepare them to swim on the Sholem Sharks Swim Team in the future. This program is designed to transition children from swim lessons to swim team. Participants should know how to swim prior to enrolling in this program.

Date	Day	Time:	Fee (R/NR)	Class ID
6/7-7/23	M-F	11-11:45am	\$50/\$75	20304-A1

Location: Sholem Aquatic Center