

Open Water Practice Opportunities

Hosted by GILLS Swim Team

Location: Manteno Sportsman's Club 851 N Main St, Manteno, IL 60950



During June, July, and August, the GILLS Swim Team will be providing opportunities to swim at Manteno Sportsman's club in Manteno, IL, the location of Open Water State. These practices are recommended for ages 9 & up who can swim at least 500 yards without stopping and want to experience open water for the first time or are preparing for future open water events. Coaches will be there to conduct practices and assist swimmers in learning techniques for swimming in open water.

There will be several dates throughout these months, one to two days a week until open water state. Practice days can be viewed by clicking on the link. The cost per practice is \$10.00, paid upon entry into the facility. You must sign up to participate through the attached google form.

Everyone has to pre-register to ensure we have enough staff for each practice. Therefore, you will need to fill out one form each day you sign up. In case of cancellation due to weather or other factors, those who are signed up will be notified promptly.

When you arrive, you will enter in through the front gate, where you will check in and pay. Parents may wait outside the fenced-in area and observe from this location.

Check-in: 8 am

Warm-up/Stretch: 8:15 am

Practice: 8:30-9:30 am

Equipment needed: Swim buoy & Fins

***IMPORTANT** Swimmers must have a swim buoy to swim outside the roped area near the beach. Swim buoy can be purchased at Swim Outlet or Amazon

***Wear** sunscreen and apply before arrival.

Swimmers should arrive with their suits on, ready to swim. There will be locker rooms available for changing after practice.

If you have any questions, you can email Coach Brian Porter at Brian.E.Porter@outlook.com

Google Doc Link:

https://docs.google.com/forms/d/e/1FAIpQLScey5ptnhISstxKx0Ms6_ar6ibXUZbbBpEQHTMSQuRiZVgHAA/viewform?usp=sf_link