

SWIFT AQUATICS

Weekly Reminder

July 25 - July 31, 2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stroke Development I		6:20-7:30p NN	*MINI MEET*	--	6:20-7:30p NN	6:20-7:30p NN	--
Stroke Development II		6:20-7:30p NN	*MINI MEET*	--	6:20-7:30p NN	6:20-7:30p NN	8:00-9:00a NN
Age Group	AM	--	7:00-8:30a OP	--	7:30-9:00a NN	7:30-9:00a NN	--
	PM	6:20-8:00p NN	*MINI MEET*	6:20-8:00p NN	--	--	--
Adv. Age Group	AM	--	7:00-8:30a OP	--	7:30-9:00a NN	7:30-9:00a NN	--
	PM	6:20-8:00p NN	*MINI MEET*	6:20-8:00p NN	--	--	--
Senior I	AM	6:00-8:00a NN	6:00-8:00a NN	6:00-8:00a NN	6:00-8:00a NN	6:00-8:00a NN	--
	PM	7:30-8:30p NN	*MINI MEET*	6:20-8:00p NN	7:30-8:30p NN	--	--
Senior II	AM	6:00-8:00a NN or OP	6:00-8:00a NN or OP	6:00-8:00a NN or OP	6:00-8:00a NN	6:00-8:00a NN	--
	PM	7:30-8:30p NN	*MINI MEET*	6:20-8:00p NN	7:30-8:30p NN	--	--
Senior Elite	AM	6:00-8:00a NN or OP	6:00-8:00a NN or OP	6:00-8:00a NN or OP	6:00-8:00a NN	6:00-8:00a NN	--
	PM	7:30-8:30p NN	*MINI MEET*	6:20-8:00p NN	7:30-8:30p NN	--	--

NN - Niles North Pool / OP - Oriole Pool, Morton Grove

Last Splash Mini Meet - Tuesday, July 26, 2011 6:20-8:30p at Niles North High School

Since this is our final week of the Spring/Summer season, our Last Splash Mini Meet will be the last opportunity to get in some fun competition and bring our team together one more time! This will be a SPRINT Meet - offering 25's and 50's of each stroke. Swimmers can swim up to 3 events. Please log in to your account and sign up TODAY!!

Practice Adjustments - Over to Niles North!

Niles West will be shutting down for maintenance, which will shift practices over to Niles North. Please be sure to check this week's adjusted practice schedule.



THANK YOU - THANK YOU - THANK YOU!!!

Thank you for joining our inaugural season of SWIFT Aquatics! We have accomplished quite a bit in such a short period of time. We are currently planning an End of Season Celebration, will be emailing out a program evaluation/survey, and our Fall/Winter schedule. Thank you for your continued support and belief in SWIFT, we look forward to sharing more fun (and fast!) times with you and your family in the future.

Visit us online: www.SWIFTAquatics.org