

SPRING 2022 Practice Schedule

MO 4.4.22 – SA 5.28.22 @ WCCHS INDOOR POOL 326 Joliet Street, West Chicago, IL

~ practice times subject to change ~

THERE WILL NOT BE PRACTICES ON SOME SELECT SATURDAYS FOR YOUR LEVEL

0. JUNIOR SHARKS

This NEW level is designed for 4 year old's and older working toward swimming unassisted across widths of the pool for FREE and BACK. Swimmers in this developmental level will work toward skills to successfully complete lengths of both 25 FREE & 25 BACK unassisted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:00PM				10-10:30AM	



After successfully demonstrating skills for 25 yards of FREE and 25 yards of BACK, swimmers from our JUNIOR SHARK program may 'GRADUATE' to the next training level in our program - BLUE SHARK – here they would continue to practice widths of the pool as they build their competitive swimming skills. Further HOME meet competitions may be available – doing so would require an additional membership fee charge of \$65 for remainder of the spring/summer season.



BLUE SHARK – Coach Dan



New members to the sport. This group will teach the competitive strokes, starts, and turns to our newest members while preparing them to transition to the next levels in our training program. The goal is to transition groups within a season. Swimmers in the group are typically 6 & older or have Coach Dan's approval.

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