

Spring and Summer 2021 Practice Schedule

April 12, 2021 – June 14, 2021 @ WCCHS INDOOR POOL 326 Joliet Street, West Chicago, IL

~ practice times subject to change ~



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

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



LEOPARD SHARK – Coach Kara



Swimmers must be able to swim 25 yards in 3 of the 4 strokes. Swimmers must be able to swim 15 yards of the 4th stroke. Age range for this group is 6-10 years old.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30PM		5:30-6:30PM		5:30-6:30PM	9:00-10:00AM	



TIGER SHARK – Coach Kara



Swimmers must be able to legally swim 25 yards of all 4 competitive strokes, 50 free and 100 IM. Emphasis will be on stroke, start and turn technique and development but will also begin to introduce endurance work including interval training. Age range for this groups is 6 & older.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30PM	5:30-6:30PM		5:30-6:30PM	6:30-7:30PM	10:00-11:00AM	



GREY SHARK – Coach Karl



Swimmers must be able to swim legally 50's of all 4 strokes 100 IM and the 200 free. Further work on endurance along with perfecting stroke techniques, turns, starts, & finishes. Swimmers in the group can be aging up to 11 within the season – ages 11 & Older

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:00PM	5:30-7:00PM	5:30-7:00PM	5:30-7:00PM		8:30-10:00AM	4:00-5:30PM



WHITE SHARK – Coach Troy/Josh



Swimmers must be able to legally swim 100's of all 4 strokes, 200 IM and the 500 Free. Emphasis is on stroke development and technique as well as high level training and competition. Swimmers in this group are generally ages 13 or older.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-9:00PM	7:00-9:00PM	7:00-9:00PM	7:00-9:00PM		8:30-10:00AM	4:00-5:30PM

Spring and Summer 2021 Practice Schedule

June 15, 2021 – Late July @ WCCHS INDOOR POOL 326 Joliet Street, West Chicago, IL

~ practice times subject to change ~



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00AM		9:00-10:00AM		9:00-10:00AM		



LEOPARD SHARK – Coach Kara



Swimmers must be able to swim 25 yards in 3 of the 4 strokes. Swimmers must be able to swim 15 yards of the 4th stroke. Age range for this group is 6-10 years old.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00AM	9:00-10:00AM	9:00-10:00AM	9:00-10:00AM			



TIGER SHARK – Coach Kara



Swimmers must be able to legally swim 25 yards of all 4 competitive strokes, 50 free and 100 IM. Emphasis will be on stroke, start and turn technique and development but will also begin to introduce endurance work including interval training. Age range for this groups is 6 & older.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00AM	8:00-9:00AM	8:00-9:00	8:00-9:00	8:00-9:00		



GREY SHARK – Coach Karl



Swimmers must be able to swim legally 50's of all 4 strokes 100 IM and the 200 free. Further work on endurance along with perfecting stroke techniques, turns, starts, & finishes. Swimmers in the group can be aging up to 11 within the season – ages 11 & Older

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-10:00AM	8:30-10:00AM	8:30-10:00AM	8:30-10:00AM	8:30-10:00AM		



WHITE SHARK – Coach Troy/Josh



Swimmers must be able to legally swim 100's of all 4 strokes, 200 IM and the 500 Free. Emphasis is on stroke development and technique as well as high level training and competition. Swimmers in this group are generally ages 13 or older.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:30AM & 4:00-5:30PM	6:30-8:30AM & 4:00-5:30PM	6:30-8:30AM & 4:00-5:30PM	6:30-8:30AM & 4:00-5:30PM	6:30-8:30AM		