

Competitive Swim Team for All  
Ages



Become a Part of the Scout  
Swimming  
Tradition!

For more information on our  
program...

Visit...  
[www.swimsct.org](http://www.swimsct.org)

Or inquire at...  
[cgrevers@lfschools.net](mailto:cgrevers@lfschools.net)

## It's time to jump into the Spring/Summer Long Course Season!

Scout Aquatics, a chartered USA Swimming club sponsored by Lake Forest Community Education, currently has swimmers aged 6-18 participating in the program ranging in ability from novice to National elite. Come out and join your friends from Lake Forest, Lake Bluff and Knollwood in one of the most successful swim programs in Illinois. Practices will take place at the Lake Forest High School Pool during the Fall and Winter Short Course season. Check us out at [www.swimsct.org](http://www.swimsct.org) too! (Prices do not include the yearly \$83 USA swimming registration fee.)

New Swimmer Registration/Placement will be Wednesday, April 6<sup>th</sup> at 6:00pm. in LFHS pool! This is a chance to show off what you can do in the pool to make sure you are placed in the right group.

### Little Scouts

Spring/Summer Session – April 8-July 16  
Program Fee - \$350; Jump Start (4/8-6/4) \$200

Practices are generally Tuesday and Thursday from 5:45-6:45 and Saturday from 10:30-11:30am.

Little Scouts is geared to the beginning competitive swimmer. *Participants must be able to complete 25 yards of continuous freestyle to join this group.* The program will teach and refine the fundamentals of the four competitive strokes and basic racing starts and turns. At all times, coaches will emphasize the importance of having fun in the sport and team environment. We will provide a positive and supportive environment for all swimmers to encourage a love for the sport of swimming. \*\*\*Practices may switch to Wednesday or Friday due to scheduled LFHS Water Polo games.

### Junior Scouts

Spring/Summer Session – April 8-July 16  
Program Fee - \$504; Jump Start (4/8-6/4) \$288

Practices are generally Monday, Wednesday and Friday from 5:45-6:45 and Saturday from 10:30-11:30a.

Junior Scouts will continue to emphasize stroke technique in the four competitive strokes and of starts and turns. We encourage (but do not require) swimmers to attend 3 to 4 times per week. We will emphasize the benefits of teamwork and enthusiasm on successful performance. Swimmers will compete in local USA Swimming sanctioned competitions and dual meets with other local teams to measure improvement and to begin building experience as a competitive swimmer.

### Junior Scouts Plus

Spring/Summer Session -- April 8-July 16  
Program Fee - \$644

Practices are generally Monday-Friday from 6:30-8:15 pm and Saturday from 8:45-10:30am.

This group is geared to the age group swimmer with a higher level of commitment and experience. The program will reinforce the fundamentals of the strokes while preparing the swimmers for state level competition. The expectation is that swimmers in this group will make attendance of practices and meets a priority during the season. Swimmers will compete in USA Swimming sanctioned competitions to measure improvement and to begin building experience as a competitive swimmer.

### Senior Scout

Spring/Summer Session -- April 8-July 16, Program Fee - \$770 Late Start Program - May 9 to July 16, Late Start Program Fee -- \$550

Practices run Tuesday and Thursday 6:15-7:40am, Monday-Friday starting with dryland 5:45-8:15pm and 8:30-10:30am Saturdays.

Senior Scouts will prepare swimmers for competition from high school to the highest level. Will emphasize utilization of great technique in racing to achieve maximum performance. Training program will emphasize building a strong aerobic base and increase anaerobic tolerance to achieve improved performance. Program will include dryland and strength training. Goal is to help each individual reach his or her potential. All participants must pay (or have paid) an annual USA Swimming registration fee of \$68. The expectation is that swimmers in this group will make attendance of practices and meets a priority during the season. Will compete in USA Swimming sanctioned competitions (6-8 meets) to measure improvement. Entry fees will also apply for swimming competitions. Late start is available to those high school students participating in a spring sport at the High School.