



I CAN FLY WHAT'S YOUR SUPERPOWER?



**Join The Lake Forest Swim Club
and Learn To FLY!**

*Evaluations
throughout the year
call us at (847) 735-5372*

LAKE FOREST SWIM CLUB

NEW SWIMMER PLACEMENT EVALUATIONS

AUGUST 6TH & 7TH 5:30-6PM Lake Bluff Pool

SEPTEMBER 3RD & 10TH 5:30-6PM Lake Forest College Pool

2 WEEK FREE TRIAL ON COMPETITIVE TEAM

VISIT www.swimlfsc.org



I'M A MINI DUCK

The Mini Ducks is an advanced swim lesson for children ages 5+ who are comfortable (floating) in the water but have not mastered arm strokes, breathing and kicking in freestyle or backstroke.

The goal of these lessons is to build on learning and listening skills, increase comfort in the water, let children explore movement, and put them on a path to joining the swim team.

Prospective Mini Ducks need basic "Water Smarts", be able to use a kickboard and independently use the locker rooms.

I'M A MIGHTY DUCK



The Mighty Ducks squad is for young swimmers (generally 5-10 years) who have progressed beyond basic swim lessons. The goal of the program is to prepare swimmers for moving onto our competitive team.

Swimmers in the Mighty Ducks must be at least 5 years old, complete a skill evaluation demonstrating 25 meters of freestyle and backstroke, be comfortable in a group learning environment, be aware of basic water safety, be able to use a kickboard and independently use the locker rooms.

COMPETITIVE TEAM



Our competitive age group program consists of four squads: Yellow, Green, Bronze and Senior. New swimmers must complete a skill evaluation to determine placement.

Swimmers are placed in a practice squad based on age, ability, experience and their willingness to meet the commitment expected from the squad. Our Age Group program is skill oriented with a gradual increase in the emphasis on physical conditioning. The Senior program progresses in a similar fashion with an increase in both physical demand and commitment.