

pre-team swim



Pre-Team is a transitional swim program designed for kids who have passed out of The Swim Academy (or similar program). The primary focus of Pre-Team is on swim team developmental skills, such as flip turns, starts, learning to share a lane, reading a pace clock, and getting used to swimming laps in a 25-yard pool. There is also a focus on developing each of the four strokes, but the expectation is that the swimmer has a general knowledge freestyle and backstroke first, and we will develop breaststroke and butterfly.

swim team assessment days

for fall Stingrays competitive swim team

Wednesday, August 29th | 5:00pm-6:00pm

- 30 minute assessment & feedback in the water
- 30 minute team information with coach Q&A

No competitive swim experience needed; comfort in the water and ability to swim 25 yards, any stroke, recommended.

**To schedule an Individual Assessment
with Coach Justin, call 630-315-5325**

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fall 2018 pre-team

Practices are session-based and 45 minutes in length. Pre-Team is open to both members and guests of the Wheaton Sport Center.

pre-team 1

Dates: September 16 - November 11
(9 weeks)

Day & Time: Sunday 12:00-12:45pm

Fee: \$99 Member / \$135 Guest

pre-team 2

Dates: September 16 - November 11
(9 weeks)

Day & Time: Sunday 1:00-1:45pm
& Wednesday* 6:30-7:15pm

Fee: \$165 Member / \$215 Guest

**no sessions on 9/19 & 10/31*

To register, visit the Member Services Desk, call 630-315-5325,
or send an email to aquatics@wheatonsportcenter.com.