

SC Swimming Junior Swim Team

If you're looking for a fun, athletic activity with low time commitment, the Junior Swim Team might be the right program for your Swimmer! The Junior Swim Team is a 8-week program for kids aged 9 to 14.

On the Junior Swim Team Swimmers receive coaching and instruction from the SCST coaching staff. The JST program is a unique opportunity to get top-notch instruction on all four competitive strokes as well as getting a chance to be a member of a team.

Junior Swim Team Swimmers

The Junior Swim Team is a great option for those who want to continue the fun of summer league swimming during the school year, or build on skills learned in other swimming programs. Swimmers may use the Junior Swim Team as a stepping stone to the St. Charles Swim Team. We accept swimmers ages 9 to 14 that can swim one length (25 yards) of Freestyle and Backstroke. Swimmers also must be able to kick one length (25 yards) of Breaststroke kick.

What goes on during the session and classes?

During the eight-week session, your swimmer will have two classes per week. Classes are 60 minutes long, and include a few minutes of stretching and warming up before strokes and drills are taught. St. Charles Swimming strives to provide a low coach-to-swimmer ratio for the Junior Swim Team! This ensures your swimmer will receive the attention he/she needs in order to be successful.

Junior Swim Team is a technique-based program. We will work with your swimmer on all four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). Your swimmer will also be introduced to racing skills such as dives, turns, and streamlines. Swimmers will leave each class feeling like they got a good workout.

At the end of the session swimmers will be invited to test the skills they have learned at the St. Charles Swim Team, Team Championship - Sunday Feb. 21st.

Details

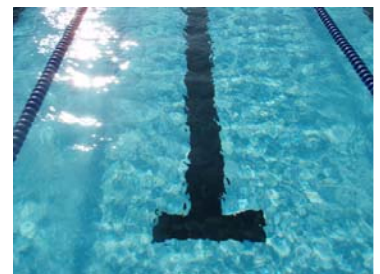
Where Norris Rec. Center, 1050 Dunham Road, St. Charles, IL, 60174
www.norrisrec.com
630-377-1405

When April 12th, 2010 thru June 3rd, 2010
Tuesday 7:00-8:00pm
Thursday 7:00-8:00pm

Swimmers 9 to 14, who can swim one length (25 yards) of freestyle and backstroke
Will not run classes if less than 12 swimmers participate

Cost \$90.00 with Norris Membership
\$120.00 without a Norris Membership

For more information contact the SCST Office
swim@stcswim.com
630-377-1720



Register your swimmer at the Norris Center Front Desk