



Lake Forest Parks and Recreation Department have partnered with Lake Forest Swim Club to offer two great swim programs for youth 3 years old to 18 years old. Listed below are the descriptions and program registration information. Sign up now and start your child on the path to a lifetime of skills whether used for learning to swim or competition. For more information contact Laurel Liberty at 847-735-5372 or Joe Mobile, Program Manager at 847-810-3941



Lake Forest Swim Club New Swimmer Group Placements

Want to improve your swimming skills and fitness? Attend Lake Forest Swim Club placements. Placements are for swimmers ages 5-14 who are interested in competitive lessons or team participation.

Placements by Appointment

Placements can be scheduled in August or September by contacting Coach Laurel Liberty at coachlaurel@sbcglobal.net or 847-735-5372.

NSSRA

(Northern Suburban Special Recreation Association)
NSSRA is here to serve you whether you use NSSRA programs or not. NSSRA is a cooperative of the Lake Forest Recreation Department, ten area park districts and the Village of Riverwoods. NSSRA provides programs, services and equal access to fun for more than 1,000 individuals with disabilities each year. If you are unsure about your child's ability to participate in any program, please call us and let us explain the Integration Services to you at 847-234-6700.

LAKE FOREST SWIM CLUB MINI-DUCKS PRE-TEAM PROGRAM

Lake Forest Parks and Recreation Department has partnered with Lake Forest Swim Club to offer swim programs. LFSC Mini-Ducks provides advanced swim instruction designed to help young swimmers make the transition from swim lessons to a swim team. This program is for water-safe 5-9 year olds who want more than a traditional swim lesson. Mini-Duck swimmers must be able to float, put their face in the water, and kick for 10 yards with a kickboard. Final placement in the program will be based on evaluation on the first day of attendance. Information about the full LFSC program is available for more advanced swimmers. For more information contact Laurel Liberty at 847-735-5372 or Joe Mobile, Program Manager at 847-810-3941.

Loc: Lake Forest Academy Pool (location changes after June 11, 2012)

Age: 5-9Y

Fee: R: \$115 NR: \$138

Instr: Lake Forest Swim Club

Code	Day	Time	Date	Note
28850	Tue, Thu	6:00pm-6:40pm	Jan 3-Jan 26	Class times will move to 5:30 - 6:10 p.m. if the pool is available
28851	Tue, Thu	6:00pm-6:40pm	Jan 31-Feb 23	Class times will move to 5:30-6:10 p.m. if pool is available
28852	Tue, Thu	5:30pm-6:10pm	Apr 3-Apr 26	Class times may move to 6:00-6:40 p.m. depending on LFA schedule
29321	Tue, Thu	5:30pm-6:10pm	May 1-May 24	Class times may move to 6:00-6:40 p.m. depending on LFA schedule
29323*	Tue, Thu	5:30pm-6:10pm	May 29-Jun 7	
	Tue, Thu	5:45pm-6:25pm	Jun 12-Jun 21	

*Class will meet at LF Academy pool from 5/29-6/7. Class times may change to 6:00 - 6:40 p.m. depending on LFA schedule. Classes from 6/12 - 6/21 will meet from 5:45-6:25 p.m. at Lake Bluff Pool or Lake Forest Club pool.



LAKE FOREST SWIM CLUB MIGHTY DUCKS

Lake Forest Parks and Recreation Department has partnered with Lake Forest Swim Club to offer swim programs. Make a splash into competitive swimming with the LFSC Mighty Ducks! This pre-competitive squad is designed to help young swimmers make the transition from swim lessons to a swim team. The Mighty Ducks program provides advanced instruction for competitive strokes, starts and turns. Swimmers participate in 'Mini-Meets' focused on reinforcement of practice skills as well as teaching children how a swim meet works. Mighty Duck swimmer must be able to swim 25 meters non-stop of freestyle and backstroke and understand basic water safety rules. Final placement in the program will be based on evaluation on first day of attendance. Information about the full LFSC program is available for more advanced swimmers. For more information contact Laurel Liberty at 847-735-5372 or Joe Mobile, Program Manager at 847-810-3941.

Loc: Lake Forest Academy Pool, (location changes after June 11, 2012)

Age: 5-10Y

Fee: R: \$320 NR: \$384

Instr: Lake Forest Swim Club

Code	Day	Time	Date	Note
28853	Mon, Wed, Fri	6:00pm-6:45pm	Jan 2-Feb 24	Class time may be changed to 5:30-6:15 p.m. depending on the LFA pool schedule
29324	Mon, Wed, Fri	5:30pm-6:15pm	Apr 2-May 25	Class time may be changed to 6:00-6:45 p.m. depending on the LFA pool schedule.
29325*	Mon, Wed, Fri	5:30pm-6:15pm	May 30-Jul 10	Class time may be changed to 6:00-6:45 p.m. depending on the LFA pool schedule.
	Tue, Thu	5:00pm-5:45pm	July 11-Jul 24	

*Beginning June 11 classes will move to Tuesday and Thursday at Lake Bluff Park District Pool from 5:00 - 5:45 p.m.



NOTE: Once you have Registered for a class, please visit WWW.SWIMLFSC.ORG and add your email address under MAILING LISTS in order to receive updated course information and cancellation notifications.