



LAKE FOREST SWIM CLUB NEW SWIMMER GROUP PLACEMENTS

Placements are for swimmers ages 5-10 who are interested in competitive lessons or team participation. Placements can be scheduled by contacting Coach Laurel Liberty at coachlaurel@sbcglobal.net or **847-735-5372**.

YOUTH THROUGH YOUNG ADULT COMPETITIVE SWIMMING

The Lake Forest Swim Club also offers a complete competitive swimming program for swimmers of all ability levels. Lake Forest Swim Club is the only program in Illinois that is led by two American Swim Coaches Association Level 5 Master Certified Coaches. For more information visit the website at www.swimlfc.org.

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



For more information:
Anthony Anaszewicz,
Program Manager, 847-810-3945

Lake Forest Parks and Recreation Department have partnered with Lake Forest Swim Club to offer two great programs for youth 5 years old and up. 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 LFSC Coach Laurel Liberty at 847-735-5372 or Anthony Anaszewicz at 847-810-3945.

LAKE FOREST SWIM CLUB MINI-DUCKS (5-9Y)

Mini-Ducks provides advanced swim instruction designed to help young swimmers acquire the swimming skills needed for water safety and life time fitness. Instruction focuses on the foundational skills needed to make the transition from swim lessons to a swim team. All swimmers must be able to independently use the restrooms and lockerooms. Final placements are done on the first day of class by LFSC coaches. All club communication regarding emergency class changes will be done through email and phone. Please make sure LFSC has your contact information after registration. Equipment needed: youth competitive swim goggles.

Location: Lake Forest College Pool
Instructor: Instructed by Lake Forest Swim Club

10140201-01	Tu,Th	6:15-6:55 pm	Sep 27-Oct 20	R: \$130 NR: \$156
10140201-02	Tu,Th	6:15-6:55 pm	Oct 25-Nov 17	R: \$130 NR: \$156
10140201-03	Tu,Th	6:15-6:55 pm	Nov 29-Dec 15	R: \$100 NR: \$120

LAKE FOREST SWIM CLUB MIGHTY DUCKS (5-10Y)

Program provides advanced instruction for competitive strokes, starts, and turns. It also introduces children to swimming as a lifelong fitness activity. Swimmers participate in Age Group Challenge Mini-Meets focused on reinforcement of practice skills as well as teaching them how swim meets work. Mighty Ducks swimmers must be able to swim 25 meters non-stop of freestyle and backstroke, follow group instruction, and independently use the restrooms and locker rooms. All club communication regarding emergency class changes will be done through email and phone. Please make sure LFSC has your contact information. Equipment needed: competitive swim fins and goggles.

Location: Lake Forest College Pool
Fees: **R:** \$340 **NR:** \$408
Instructor: Instructed by Lake Forest Swim Club

10140202-01	M,W,F	6:15-7:00 pm	Sep 26-Nov 18
10140202-02	M,W,F	6:15-7:00 pm	Nov 21-Jan 13

COMMUNITY YOUTH SWIM TEAM

Lake Forest Swim Club offers a complete competitive swimming program at the LF College, LF Academy, and LB pool for swimmers age 5 and older. Lake Forest Swim Club is the only competitive swim program in Illinois that is led by two American Swim Coaches Association Level 5 Master Certified Coaches, Maureen Sheehan and Michael Lawrence. Please call or email Coach Laurel Liberty to set up a free individual evaluation for your child. Email: lfsc@sbcglobal.net, Phone: 847-735-5372. For more information visit the website at www.swimlfc.org.