



Ducks Swim Team

The Round Lake Area Park District is affiliated with the Northern Illinois Swim Conference (NISC) for the 2018 season. The swim team is co-ed; both boys and girls are encouraged to participate. Fees include all practices, swim meets, swim cap and team shirt. **Please visit jeffellismanagement.com to register.**

Minimum Requirements: Ability to swim one length (25 meters), of the pool and have knowledge of the four competitive strokes: breast stroke, backstroke, crawl and butterfly.

Uniform: Swimmers must purchase a team suit in addition to the required fee.

Age: 6 - 18 years, including 2018 high school graduates
Fees: \$220 (Res.); \$240 (NRes.) *price for all members*
Location: Aquatics Center and Nature Museum

Registration is open for Residents as soon as this brochure is received, and Non-Residents on February 12.

Code	Day	Dates	Time
2998	M - F	5/29 - 7/25	6:00 - 8:30 am



MANDATORY PARENT MEETING

Wednesday, May 23 at 7:00 pm in the Robert W. Rolek Community Center.



Ducks Swim Team questions may be directed to Jem Hughes, Program Manager, at 331-210-8630.



PRACTICES

Swim Team season runs from May 29 to July 25

- Five days a week (Monday - Friday)
- Level A will practice from 6:00 am - 7:15 am
- Level B will practice from 7:00 am - 8:15 am
- Level C will practice from 8:15 am - 9:00 am
- Practice time is based on a coach's evaluation the first week
- No practice on July 4th

2018 DIVISION TEAMS

Swim meets are held on Wednesdays in June & July. We will have 5 meets including the conference meet. Spectators are welcome. Division B teams include:

- Norridge
- Antioch
- Rolling Meadows
- Libertyville "Gold"
- Vernon Hills
- Round Lake