





2025-2026 SESSION REGISTRATION INFORMATION

 MOMENTUM SWIM CONDITIONING 			
~ 9 & older experienced swimmers train at North Central College ~ 8 & under swimmers train at Central Park 4 Lane Pool			
<u>FALL 1</u>	<u>FALL 2</u>	<u>WINTER 3</u>	<u>SPRING 4</u>
Registration Opens: Aug. 1, 2025	Registration Opens: Sept. 15, 2025	Registration Opens: Nov. 15, 2025	Registration Opens: Feb. 15, 2026
<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>
SEPTEMBER 16- OCT. 23, 2025	NOVEMBER 3 - DEC. 12, 2025	JANUARY 12 - FEB. 20, 2026	APRIL 6 - MAY 15, 2026

~Session Dates and Times are subject to change due to facility management~

AGE GROUP REQUIREMENTS

 MOMENTUM SWIM AGE GROUP REQUIREMENTS 	
Our goal for each swimmer is to bring them to the next level of ability.	
<u>6 YEAR OLDS</u>	Swimmers will be able to swim with the 7-8 group for the <i>Fall Session 2</i> and <i>Winter Session 3</i> ; <u>ONLY IF</u> they have swim experience on a swim team and have competed in a summer Championship Swim meet.
<u>7-8 YEAR OLDS</u>	Swimmers in this practice group will be solidifying their foundation to correctly swim all 4 strokes legally. At the same time they will be building up endurance each practice and learning how to do flip turns.
<u>9-10 YEAR OLDS</u>	Swimmers will use their foundational skills of all 4 strokes to build up endurance while maintaining perfect technique. We want them conditioning in sets of 25s and 50s to build up their endurance. At this practice, swimmers will also work on starts, turns and finishes.
<u>11 & OLDER</u>	Swimmers will build up swim conditioning endurance with 50s, 75s and 100s while interval training to increase speed, and if necessary make some stroke adjustments. They will also perfect Starts and Turns each practice.

6 & UNDER AGE GROUP REQUIREMENTS
SPRING REGISTRATION OPENS SUN. FEB. 15TH

**5 & 6 YEAR OLDS REQUIREMENTS:
GETTING READY FOR THEIR SUMMER SWIM TEAM**

- Swimmers **MUST** be the **MINIMUM** age of 5 and **ready** to join a summer team.
- Swimmers **MUST** have **ADVANCED SWIM LESSON EXPERIENCE**
- Swimmers are **NOT AFRAID OF GETTING IN THE WATER!**
- This Group will practice at **CENTRAL PARK.**
- 1 or 2 Lanes will be designated for these swimmers.
- There will only be 12 spots available for this session.

**Spring Session 4:
April 7 - May 14th, 2026**

2 Day Option

Tue/Thur @ CENTRAL PARK 3:45 PM - 4:45 PM

\$295

Practice Begins Tuesday April 7th

7-8s- SPRING REGISTRATION OPENS SUN. FEB. 15TH

Beginner Swimmers: Ages 7-8 & Beginner 9 Year Olds (must be able to swim 25 yards unassisted)			
Spring Session 4: April 6 - May 15th, 2026 7 - 9 Year Old Practice Schedule			
1 Day Option @ NCC 4:00 - 5:00 PM	2 Day Option @ Central Park 3:45-4:45 PM	2 Day Option @ NCC 4:00 - 5:00 PM	1 Day Option @ NCC 4:00 - 5:00 PM
Mon ONLY	Tue/Thur	Wed/Fri	Friday ONLY
\$180	\$280	\$280	\$180
Begins 4/6/26	Begins 4/7/26	Begins 4/8/26	Begins 4/10/26

*****IMPORTANT NOTE***** TUESDAY and THURSDAY PRACTICES are at CENTRAL PARK from 3:45 - 4:45 PM.... THERE ARE NO PRACTICES at NORTH CENTRAL COLLEGE from 4:PM - 5:PM on Tuesday and Thursdays for the SPRING SESSION***

SPRING REGISTRATION OPENS SUN. FEB. 15TH

Experienced Swimmers ages 9 and Older (must be able to swim 50 yards unassisted)			
Spring Session 4: April 6 - May 15th, 2026 9 & Older Practice Schedule at NCC Monday - Friday 5:00 - 6:00 PM			
1 Day Option	2 Day Option	2 Day Option	3 Day Option
Monday ONLY	Tue/Thur	Wed/Fri	MON-WED-FRI
\$180	\$280	\$280	\$310
Begins 4/6	Begins 4/7	Begins 4/8	Begins 4/6-5/15