

WINTER Session 3 at North Central College
MOMENTUM SWIM CONDITIONING @ NCC -
Registration Opens Tuesday December 1st, 2026

2027 WINTER SESSION 3

Open to Swimmers with swim team experience.

- At least 9 years of age and older
- Swimmers have knowledge of 4 strokes
- Swimmer is able to swim 50 yards on their own

6 Weeks - WINTER Session
JANUARY 11th - FEBRUARY 19th, 2027

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Friday</u>	<u>Monday ONLY</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> 5:00-6:00 PM <u>Begins</u> Monday Jan. 11th through Friday Feb. 19th <u>*NO PRACTICE*</u> Mon. Jan. 18th - *MLK*	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Tuesday Jan. 12th Through Thursday Feb. 18th	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Wed. Jan. 13th Through Friday Feb. 19th	<u>Practice Time</u> 5:00-6:00 PM <u>Practice Begins</u> Monday Jan. 11th Through Monday Feb. 15th <u>*NO PRACTICE*</u> Monday Jan. 18th - *MLK*

WINTER 3 - 8 & Under at CENTRAL PARK
MOMENTUM SWIM CONDITIONING @ Central Park
Registration Opens Tuesday December 1st, 2026

2027 WINTER SESSION 3

This group includes 7- 8 Year Old swimmers with swim team experience.

- Swimmers **MUST** be able to swim across the pool with **NO** help.
- 6 year olds will be able to swim with this group **ONLY IF** they swam competitively in the summer Championship meets.

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<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Fri</u>	<u>Monday</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm	<u>Practice Time</u> 3:45pm - 4:45pm
<u>Begins</u> Mon. Jan.11th through Friday Feb.19th * <u>NO PRACTICE</u> * Mon. Jan. 18th - *MLK*	<u>Practice Begins</u> Tuesday Jan.12th Through Thurs. Feb.18th	<u>Practice Begins</u> Wed. Jan. 13th Through Friday Feb. 19th	<u>Monday Practice</u> ~January 11th * <u>NO PRACTICE</u> * Mon. Jan. 18th - *MLK* ~January 25th ~February 1st ~February 8th ~February 15th