

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 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. At this practice, swimmers will also work on starts, turns and finishes.
<u>11 & OLDER</u>	Swimmers will build up swim conditioning endurance, do interval training to increase speed, and if necessary make some stroke adjustments.

9 & OLDER FALL 2 REGISTRATION INFO.
MOMENTUM SWIM CONDITIONING @ NCC -
Registration Opens September 15th, 2025

2025 FALL SESSION 2

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 - Fall Session #2
November 3rd - December 12th, 2025

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<u>Mon/Wed/Fri</u>	<u>Tues/Thurs</u>	<u>Wed/Fri</u>	<u>Monday ONLY</u>
Cost: \$310	Cost: \$280	Cost: \$280	Cost: \$180
Practice Time <u>Mon/Wed/Fri</u> 5-6 PM	Practice Time <u>Tues/Thursday</u> 5-6 PM	Practice Time <u>Wed/Friday</u> 5-6 PM	Practice Time <u>Monday</u> 5-6 PM
NO PRACTICE Thanksgiving Wed/Friday Nov. 26th-28th	*NO PRACTICE* Thanksgiving Thursday Nov. 27th	*NO PRACTICE* Thanksgiving Holiday Wed/Fri Nov. 26th-28th	Practice Mondays <u>Nov.</u> 3rd, 10th, 17th, 24th, <u>Dec.</u> 1st, & 8th.
Begins Nov.3- Dec.12	Practice Begins Nov.4 - Dec.11th	Practice Begins Nov.5 - Dec.12th	Practice Begins Nov.3 - Dec. 8th

MOMENTUM SWIM CONDITIONING @ Central Park

Registration Opens September 15th, 2025

2025 FALL SESSION 2

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

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

6 Weeks - Fall Session
November 3rd - December 12th, 2025

3 DAY OPTION	2 DAY OPTION	2 DAY OPTION	1 DAY OPTION
<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>NO PRACTICE</u> Thanksgiving Holiday Wed/Friday Nov. 26th-28th	*<u>NO PRACTICE</u>* Thanksgiving Thursday Nov. 27th	*<u>NO PRACTICE</u>* Thanksgiving Holiday Wed/Fri Nov. 26th-28th	<u>Practice Mondays</u> <u>Nov.</u> 3rd, 10th, 17th, 24th, <u>Dec.</u> 1st, & 8th.
<u>Begins</u> Nov.3- Dec.12	<u>Practice Begins</u> Nov. 4 - Dec.11th	<u>Practice Begins</u> Nov.6 - Dec.12th	<u>Practice Begins</u> Nov.3 - Dec.8th