

2026-2027 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. 4, 2026	Registration Opens: Sept. 1st, 2026	Registration Opens: Dec. 1st, 2026	Registration Opens: Feb. 2nd, 2027
<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>
SEPTEMBER 15- OCT. 22, 2026	NOVEMBER 2 - DEC. 11, 2026	JANUARY 11 - FEB. 19, 2027	APRIL 5 - MAY 14, 2027

~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.

MOMENTUM SWIM CONDITIONING @ NCC -

Registration Opens Tuesday Aug. 4th, 2026

2026 FALL SESSION 1

Open to ADVANCED Swimmers with swim team experience.

- At least 10 years of age and older (exceptions can be made if 9 year olds have 50 free time faster than :40)
- Swimmers can swim all 4 strokes legally.
- Swimmer is able to swim 1000 yards in an hour

6 Weeks - 3 DAY OPTION

September 15th - October 22nd, 2026

Tues/Wed/Thurs - 5:00 PM - 6:00 PM

Cost: \$310

Tuesday/Thursday Practice Times - Wednesday Practice Time
5:00 - 6:00 PM 5:00 - 6:00 pm

6 Weeks - 2 DAY OPTION

Tues/Thursday Sept. 15th - Oct. 22nd, 2026

Tuesday/Thursday Practice Times
5:00 - 6:00 PM

Cost: \$280

6 Weeks - 1 DAY OPTION

Wednesday ONLY (Sept. 16th - Oct. 21st, 2026)

Wednesday Practice Times
5:00 - 6:00 PM

Cost: \$180

9 & OLDER FALL 2 REGISTRATION INFO.
MOMENTUM SWIM CONDITIONING @ NCC -
Registration Opens Tuesday September 1st, 2026

2026 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 2nd - December 11th, 2026

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
<u>Practice Time</u> <u>Mon/Wed/Fri</u> 5-6 PM	<u>Practice Time</u> <u>Tues/Thursday</u> 5-6 PM	<u>Practice Time</u> <u>Wed/Friday</u> 5-6 PM	<u>Practice Time</u> <u>Monday</u> 5-6 PM
<u>*NO PRACTICE*</u> Thanksgiving Wed/Friday Nov. 25th-27th	<u>*NO PRACTICE*</u> Thanksgiving Thursday Nov. 26th	<u>*NO PRACTICE*</u> Thanksgiving Holiday Wed/Fri Nov. 25th/27th	<u>Practice Mondays</u> <u>Nov.</u> 2nd, 9th, 16th, 23rd, 30th <u>Dec.</u> 7th.
<u>Begins</u> Nov.2 - Dec.11	<u>Practice Begins</u> Nov.3 - Dec.10	<u>Practice Begins</u> Nov.4 - Dec.11	<u>Practice Begins</u> Nov. 2 - Dec. 7

FALL SESSION 2 Central Park

MOMENTUM SWIM CONDITIONING @ Central Park
Registration Opens Tuesday September 1st, 2026

2026 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 2nd - December 11th, 2026

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 Wed/Friday Nov. 25th-27th	*<u>NO PRACTICE</u>* Thanksgiving Thursday Nov. 26th	*<u>NO PRACTICE</u>* Thanksgiving Holiday Wed/Fri Nov. 25th/27th	<u>Practice Mondays</u> <u>Nov.</u> 2nd, 9th, 16th, 23rd, 30th <u>Dec.</u> 7th.
<u>Begins</u> Nov.2 - Dec.11	<u>Practice Begins</u> Nov.3 - Dec.10	<u>Practice Begins</u> Nov.4 - Dec.11	<u>Practice Begins</u> Nov. 2 - Dec. 7

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 Session 3 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.

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/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

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Registration Opens: Aug. 4, 2026	Registration Opens: Oct. 6th, 2026	Registration Opens: Dec. 1st, 2026	Registration Opens: Feb. 2nd, 2026
<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>	<u>DATES:</u>
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AGE GROUP REQUIREMENTS

SPRING REGISTRATION OPENS TUESDAY FEB. 2nd

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 5 - May 14th, 2027
2 Day Option
Tue/Thur @ CENTRAL PARK 3:45 PM - 4:45 PM
\$295
Practice Begins Tuesday April 6th, 2026

SPRING REGISTRATION OPENS TUESDAY FEB. 2nd

Beginner Swimmers Ages 7-9 (must be able to swim 25 yards unassisted)			
Spring Session 4: April 5 - May 14th, 2027 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 4/5/27	Begins 4/6/27	Begins 4/7/27	Begins 4/9/27

*****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 TUESDAY FEB. 2nd

Experienced Swimmers ages 9 and Older (must be able to swim 50 yards unassisted)				
Spring Session 4: April 5th - May 11th, 2027 9 & Older Practice Schedule at NCC Monday - Friday 5:00 - 6:00 PM				
1 Day Option	1 Day Option	2 Day Option	2 Day Option	3 Day Option
Monday ONLY	Wednesday ONLY	Tue/Thurs	Wed/Fri	MON-WED-FRI
\$180	\$180	\$280	\$280	\$310
Begins 4/5	Begins 4/7	Begins 4/6	Begins 4/8	4/5-5/14