



TEAM PENGUIN 2017 Summer swim team!

Catch the Wave TEAM PENGUIN!

Come and join our summer swim team! This team will provide the FUN AND EXCITEMENT that a swim team can offer while building on stroke perfection, strength and endurance for each participant! Your child will learn what it's like to participate on a swim team, perform and compete in swim meets, as well as all the skills needed, i.e.; flip turns, dives, drills, and stroke efficiency, needed to compete at a higher level!



Must be at least 5 years old and enrolled in a Team Gold L2 or Team Gold Elite to participate

2017 SUMMER TEAM SESSION

June 1st – July 28th

INCLUDES:

***1 Team Gold Elite
Technique Class**

***2 Optional
Practices/Week**

***4 Optional Swim
Meets**

***Team Party at
the conclusion of the
swim season**

**Cost: \$150 per child for
2017 Summer Session**

CATCH THE WAVE SWIM CLUB

1917 Blackhawk Blvd
815-713-4481
www.catchthewaveswim.com

PRACTICE TIMES:

Sunday 7:30Am-8:30AM
Tuesday 7:30AM-8:30AM
TGE Class ~Day and Time of
YOUR CHOICE

