

Practice @ YMCA

For all practices, **dryland or water**, at the YMCA swimmers must present their membership card at the Welcome Desk. Yesterday we had 11 athletes come in without their cards. This is not acceptable. If your card has been lost, you can get a replacement for \$5 at the membership counter.

Small Group Instruction

Coach Patrick will be offering small group instruction on the following Saturdays this spring and summer. The small groups will focus on fundamentals and stroke technique in groups of 5 or less swimmers.

May 3, 10

June 7, 21

July 19, 26

This Saturday, times may vary slightly because of practice schedules. For more information, look at the attached flier. Return form to Coach Patrick ASAP if you are interested. Email any questions to pcurran@opymca.org.

Spring & Summer Meet Information

Meet Sign-up Forms

Please hand in your meet sign-up form to one of the coaches, or mail to the office ASAP. Spring & summer meets are coming up quick and the entry deadlines for the team are early!

St. Charles Pentathlon @ John Norris Rec Center Saturday PM (13&over): Warm-ups @ 11:45am
May 17-18

Sunday AM (10 & Under): Warm-ups @ 7:45am

Sunday PM (11-12): Warm-ups @ 12:45pm

[Driving Directions](#) – John B Norris Rec Center (St Charles, IL)

Chicago Classic @ UIC

May 24-25

Saturday & Sunday AM (13 & older): 6:45am

Saturday & Sunday PM (12 & under): TBA, not before 11am. Posted by host team week of May 19th.

Championship Swimmers Season Opener

May 30-31

Friday: 4:45pm

Saturday AM (9-10 & 11-12): 6:45am

Saturday PM (8 & under; OPEN): 11:45am

[Driving Directions](#) – Morton West High School (Berwyn, IL)