

# LEARN TO SWIM LIKE A CHAMP!

Swimming promotes healthy, active lifestyle while building confidence & self-esteem.

**CHAMPS AQUATICS: Feeder programs offered for ARGO COMMUNITY HIGH SCHOOL**

Non-Profit Organization serving the community for over a decade!  
Swim programs for all ages & abilities, beginner through college level.

**BRING THIS FLYER TO ANY CLASS FOR A FREE TRIAL**

**New swimmers can register & join anytime throughout the year.**

Children learn life lessons, such as, the importance of exercise, motivation, building confidence, self-esteem, dedication, goal setting, commitment, and respect of teammates & coaches. Participation gives children an advantage for their future when they head into high school sports and future college activities. The positive experiences carry over into other aspects of their lives, especially academics, giving them the best chance to develop into strong, well prepared, health conscious young adults.

SPACE IS LIMITED!

**REGISTRATION WILL BE HELD AT ARGO COMMUNITY HIGH SCHOOL POOL**

**7329 W. 63<sup>rd</sup> Street, Summit (park & enter doors field house doors on East side of building)**

**Friday, March 25<sup>th</sup> (5:00-6:30pm)** \*Email or Call if you are unable to attend the registration.

**PROGRAMS ALL ARE HELD YEAR-ROUND: All ages & abilities, beginner through college level.**

Evenings @ ARGO Pool. Additional early morning practices June & July @ Berwyn Rec Pool & Forest Park Pool

## **BEGINNER SWIM LESSONS: 12 Week Session (24 classes) - \$50 per Month**

**Monday & Friday / 6:00-6:45pm** \*Payment for session due in full, \$150, at time of registration.

(2) DAYS PER WEEK PROGRAM HELPS YOUR CHILD ACHIEVE MAXIMUM RESULTS!

Swimmers will progress at their own pace, through a series of stations and tasks to master. All participants must be 3 years old and potty trained. Swimmers should wear their suits to the class & bring 2 towels. Classes are subject to change based on high school schedules. Lesson program runs throughout the year from September through July.

## **PRE-TEAM SWIM CAMP: 4 Month Program - \$80 per Month**

Practices usually held every day to give swimmers the opportunity to plan their own schedule. Three (3) days per week is recommended. Swimmers who attend more often will advance more quickly. The program focuses on the basic technique of all 4 strokes (freestyle, backstroke, breaststroke, butterfly), starts, turns, strength & endurance. \*USA-Swimming Insurance Required (\$60/year)

## **OTHER YEAR-ROUND PROGRAMS**

**INTERMEDIATE & ADVANCED SWIM TEAM (Daily practices) ~approx. \$100 per month**

Programs staffed by highly qualified, certified coaches. Group levels offered for all swimmers of all abilities, from beginners through highly competitive swimmers. Over 70% of advanced groups qualify for state championship meets. Recommend 3 or more days per week. \*USA-Swimming Insurance Required (\$60/year)

**BEGINNER WATER POLO (1-2 days per week)**

Basic skills, rules & strategy is taught through drills & scrimmages that make learning fun. \*Minimum participants required.

**ADULT LESSONS & LAP SWIMMING (1-3 days per week) ~\$50 per 3 month session**

Instruction offered for each individual based on ability and personal goals. \*USA-Swimming Insurance Required (\$60/year)

**More Info: 708-846-6099 or [www.champswim.org](http://www.champswim.org)**