

# JUNIOR KNIGHTS SWIM TEAM

## WHITE TEAM (6-8 YEARS OLD)

This program is aimed at children who can swim and are interested in developing a stronger set of swimming skills. The program introduces children to competitive swimming and small meets are included, both Schroeder Conference meets and recreation department meets. Children must be able to swim two lengths of the pool (2x25 yards), one freestyle and one backstroke. Participants are encouraged to attend both practices each week. The Schroeder Swim Team staff directs the program.

<b>Day:</b>	Mondays & Wednesdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:00 - 7:00pm			
<b>Location:</b>	Nicolet Union High School - Pool	II	April 7 - May 21	211040-02
<b>Age:</b>	6 - 8 years old			
<b>Fee:</b>	\$135.00R/\$155.00NR			
<b>Min/Max:</b>	4/15			
<b>Instructor:</b>	Schroeder Coaching Staff			

## LIGHT BLUE TEAM (9-12 YEARS OLD)

This program is aimed at children who can swim and are interested in developing a stronger set of competitive swimming skills. This is a competitive swimming program and athletes race in the Schroeder Conference meets and against other area recreation department teams. Children must be able to swim 50 yards of both freestyle and backstroke. Participants are encouraged to attend three practices each week. The Schroeder Swim Team staff directs the program.

<b>Day:</b>	Mondays, Wednesdays, Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 7:30pm			
<b>Location:</b>	Nicolet Union High School - Pool	II	April 7 - May 22	211041-02
<b>Age:</b>	9 - 12 years old			
<b>Fee:</b>	\$190.00R/\$210.00NR			
<b>Min/Max:</b>	4/20			
<b>Instructor:</b>	Schroeder Coaching Staff			

## DARK BLUE TEAM

This program is designed to get young swimmers ready for high school swim team participation or to extend a successful high school experience. Athletes should be strong swimmers and capable of continuously swimming 100 yards of freestyle and backstroke. Participants are encouraged to attend three practices each week. The Schroeder Swim Team staff directs the program.

<b>Day/Time:</b>	Mondays, Wednesdays, Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 7:45pm			
<b>Location:</b>	Nicolet Union High School - Pool	II	April 7 - May 22	211042-02
<b>Grade:</b>	7th & 8th grade			
<b>Fee:</b>	\$205.00R/\$235.00NR			
<b>Min/Max:</b>	4/20			
<b>Instructor:</b>	Schroeder Coaching Staff			

PARTICIPANTS ARE WELCOME TO JOIN AT ANYTIME. PRACTICE SCHEDULE SUBJECT TO CHANGE.



**Nicolet Recreation Department**  
6701 N. Jean Nicolet Rd.  
Glendale, WI 53217

Phone: (414) 351-7566  
Fax: (414) 351-4053



<https://www.nicolet.us/o/recreation>

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