

Competitive Swim Team for All  
Ages



Become a Part of the Scout  
Swimming  
Tradition!

For more information on our  
program...

Visit...  
[www.swimsct.org](http://www.swimsct.org)

Or call...  
847-582-7339

**New Swimmer Registration/Placement will be Tuesday Sept. 6<sup>th</sup> from 6:30-7:30 pm. in LFHS pool!**

Scout Aquatics, a chartered USA Swimming club sponsored by Lake Forest Community Education, currently has more than 200 swimmers aged 6-18 participating in the program ranging in ability from novice to National Top 16 honorees. Come out and join your friends from Lake Forest, Lake Bluff and Knollwood in one of the fastest growing, most successful swim programs in Illinois. Practices will primarily take place at the Lake Forest High School Pool during the Fall and Winter Short Course season. Check us out at [www.swimsct.org](http://www.swimsct.org) too! (Prices include the \$60 USA swimming registration fee.)

**Little Scouts**

Short Course Season– September 8-February 23  
Program Fee - \$555

\*\*Practices are Tuesday and Thursday from 5:45-6:45  
and Saturday 11:30-12:30.

Little Scouts is geared to the beginning competitive swimmer. **Participants must be able to complete 20 yards of continuous freestyle to join this group.** The program will teach and refine the fundamentals of the four competitive strokes and basic racing starts and turns. At all times, coaches will emphasize the importance of having fun in the sport and team environment. We will provide a positive and supportive environment for all swimmers to encourage a love for the sport of swimming.

**Junior Scouts Blue and Junior Scouts Gold**

Short Course Season – September 7–February 24  
Program Fee - \$830

\*\*Practices are Monday, Wednesday and Friday from  
5:45-7:00 pm and Saturday 12:30-1:30.

Junior Scouts will continue to emphasize stroke technique in the four competitive strokes and of starts and turns. We encourage (but do not require) swimmers to attend 3 to 4 times per week. We will emphasize the benefits of teamwork and enthusiasm on successful performance. Swimmers will compete in local USA Swimming sanctioned competitions and dual meets with other local teams to measure improvement and to begin building experience as a competitive swimmer. Blue and Gold placement is determined by the swimmers age, ability and experience.

**Junior Scouts Plus**

Short Course Season - September 7–February 24  
Program Fee - \$1050

\*\*Practices are Monday-Friday from 6:30-8:15 pm and  
Saturday 1:30-3:15.

This group is geared to the age group swimmer with a higher level of commitment and experience. The program will reinforce the fundamentals of the strokes while preparing the swimmers for state level competition. The expectation is that swimmers in this group will make attendance of practices and meets a priority during the season. Swimmers will compete in USA Swimming sanctioned competitions to measure improvement and to begin building experience as a competitive swimmer.

**Senior Scout**

Short Course Season - September 7–February 24  
Program Fee - \$1050

\*\*Practices are Monday-Friday from 6:30-8:15 pm and  
Saturday 12:00-2:00 pm.

This program is designed for the less experienced teenage swimmer. Practices will focus on proper technique as well as developing good training habits and training base. Practices will be offered once a day six days a week and a commitment of 4-5 practices per week is optimal. All participants must pay (or have paid) an annual USA Swimming registration fee of \$60. Entry fees will also apply for competitions.

**Senior Scout Gold**

Short Course Season - September 7–February 24  
Program Fee - \$1160

\*\*Practices are Monday-Friday from 5:45-8:15 pm, T&TH  
mornings from 6:00-7:15 am and Saturday 12:00-2:00 pm.

Senior Scouts Gold will prepare swimmers for competition from high school to the highest level. Will emphasize utilization of great technique in racing to achieve maximum performance. Training program will emphasize building a strong aerobic base and increase anaerobic tolerance to achieve improved performance. Program will include dryland and strength training. Goal is to help each individual reach his or her potential. All participants must pay (or have paid) an annual USA Swimming registration fee of \$60. Will compete in USA Swimming sanctioned competitions (6-8 meets) to measure improvement. Entry fees will also apply for swimming competitions.

**Senior Scouts - High School**

Short Course Season - September 7–February 24  
Program Fee – (G)\$720 (B)\$600

High School girls - November 21-February 24  
High School boys - Sept. 7-Nov. 19

Senior Scouts - High School will prepare swimmers for competition from high school to the highest level. We will emphasize utilization of great technique in racing to achieve maximum performance. The training program will include dry land strength training as well as water training in order to build a strong aerobic base and increased anaerobic tolerance to achieve improved performance. These swimmers will compete in 6-8 meets including championship meets in March.

\*\*Practice schedule may be changed based on registration