



Swim & Dive Team

SUMMER 2018

COUNTRY CLUB OF PEORIA 2019 SWIMMING & DIVING SCHEDULE

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Saturday, June 8	Swim Team Qualifier	CCP	9:00am
Thursday, June 13	Washington	CCP	5:30pm
Sunday, June 16	Bloomington	CCP	10:00, 12:00
Sunday, June 23	Champaign	Champaign	10:00, 12:00
Thursday, June 27	Mt. Hawley	CCP	5:30pm
Saturday, June 29	PAWW Sizzler*	Central Park Pool	TBA (*fee)
Sunday, July 7	Danville	CCP	10:00, 12:00
Sunday, July 14	Illini	Illini	10:00, 12:00
Thursday, July 18	Tri-Meet	Mt. Hawley	5:30pm
Sunday, July 21	Decatur	Decatur	10:00, 12:00
Sat. & Sunday, July 27/28	CICCA	Bloomington	TBD

Important Dates

Sunday, June 16, 2019 - Swim Team Pictures
Thursday July 25, 2019 - CICCA Kick Off/Pasta Night

IN-TOWN MEETS

Warm-ups start at 5:00pm, Meets start at 5:30pm.
 Arrive 5 minutes before 5:00pm.

SUNDAY MEETS

Divers: Warm-ups start at 9:00am, Diving competition starts at 10:00am.
 Arrive 5 minutes before 9:00am.
 Swimmers: Warm-ups start at 11:30am (approximately), Swimming Meet begins at 12:00pm.
 Arrive 5 minutes before warm-ups.

PRACTICE SCHEDULE

Begins Monday, June 10, 2019

Monday, Tuesday, Wednesday, Friday

Swimming 9:30–10:30	10 and under	Diving 10:30–11:15
Swimming 10:30–11:45	11 and up	Diving 9:30–10:15

Thursday

10:00 – 11:00	All ages swim	No diving
---------------	----------------------	-----------

Pre-Team

Monday, Tuesday, Wednesday

12:00–12:30pm

Pre-Team is for those swimmers who know how to swim freestyle, but who can't swim the length of the pool without assistance. Swimmers must be able to participate confidently in water activities and basic strokes will be taught. Pre-Team is meant for swimmers that intend to join the Swim Team by July!

Group Lessons

Monday, Tuesday, Wednesday

9:00–9:30am or 12:30–1:00pm

Group lessons are for those with some water experience. Participants must be able to float on back/stomach unassisted and the focus of lessons will be on learning freestyle and building water confidence.

NOTE: Must be 4+ years old. A minimum of 3 swimmers is required for group lessons.

Private Lessons

Private lessons are for those with no previous water experience. The focus of private lessons is to build water confidence and teach basic swimming needs. Lessons are available to swimmers of all levels of experience and will be on an individual basis at a time that works for both the swimmer and instructor. Arrangements can be made through Lynn Thompson at lthompson@ccofpeoria.org.

Swim Team Qualifier

The Swim Team Qualifier is for both parents and swimmers who are uncertain if they are ready for the team.

Pool House

(309) 685-2313

Pool Manager: Lynn Thompson

lthompson@ccofpeoria.org

Head Swim Coach: Allison Thompson

swimteam@ccofpeoria.org