



White Team | Ages 6-8

- M/W 6:00-7:00 p.m.
- Must be able to swim 25 yards of freestyle and backstroke

Light Blue Team | Ages 9-12

- M/W/Th 6:30-7:30 p.m.
- Must be able to swim 50 yards of freestyle and backstroke

Dark Blue Team | Ages 13+

- M/W/Th 6:30-7:45 p.m.
- Prepares swimmers for high school swimming

TRAINING GROUPS

JOIN THE JR. KNIGHTS SWIM TEAM

Hosted by the Nicolet Rec Department and the Schroeder YMCA Swim Team, the Jr. Knights Swim Team provides an opportunity for youth swimmers to improve their skills and technique in a competitive team environment, while still offering plenty of fun and flexibility. Practices are held at the Nicolet High School pool.

WHO WE ARE

LEARNERS | On the Jr. Knights, your child will become proficient in all 4 strokes and hone their swimming skills.

COMPETITORS | All Jr. Knights swimmers have the opportunity to participate in rec and Schroeder Conference meets

TEAMMATES | Teamwork, respect, and a positive, competitive culture are each a priority of the Jr. Knights

READY TO JOIN?

WINTER REGISTRATION OPEN NOW

Scan the QR code to register



GROW YOUR SKILLS | BE PART OF A TEAM | SWIM AT THE NEXT LEVEL

FUN | COMPETITIVE | FLEXIBLE

 Knights Swim Team

[VISIT OUR WEBSITE](#)

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CONTACT US | jalbrightson@wsactld.org



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For more 115 years, Rogers Behavioral Health has been fulfilling its not-for-profit mission of changing lives with gold standard mental health and addiction care. At Rogers, patients have direct access to one of the largest teams of nationally recognized psychiatric experts who draw on decades of experience and research to help people find their path to recovery.

If you know someone struggling with mental health or addiction, reach out to the leader in effective treatment and compassionate care. Reach out to Rogers Behavioral Health.

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