

VERNON HILLS TURTLES SWIM TEAM

# TURTLE NEWS

May 25th , 2026

Issue #31



## IMPORTANT NOTICES

- Parents, please let us know in the comment section when submitting your entries which days you plan to participate in the USA meets. This way, we can double-check to ensure you're scheduled for the correct days and sessions.
- Please note that we will be swimming at Turtle Creek from this week, 26<sup>th</sup> May 2026, forward. Please see the commit calendar for group times.
- **Please note the following times for each group for the summer**
  - **Bronze 5:00 pm - 6:00 pm Tue & Thur @ Lakeview Fitness**
  - **Silver 5:00 pm - 6:00 pm Mon - Thur @ Turtle Creek**
  - **Silver Comp - 6:00 pm - 7:15 pm Mon - Thur @ Turtle Creek**
  - **Gold - 7:15 pm - 8:45 pm Mon - Wed @ Turtle Creek, Thur 6:00 pm - 7:00 PM Dryland @ VHHS, Friday 5:00 pm - 6:00 pm @ Turtle Creek**
  - **Green - 7:15 pm - 8:45 Mon - Thur , Fri 5:00 pm - 7:00 pm Sat 7:00 am - 10:00 am @ Turtle Creek**
- **If you need help with Commit Swimming, please consult the [parent help section](#) first, which provides step-by-step videos on all topics. If you still require assistance, you can email Coach Enrico at [enricom@vhparkdistrict.org](mailto:enricom@vhparkdistrict.org)**



### Upcoming Meets

May 30th - 31<sup>st</sup> 2026  
LFSC SwimFest



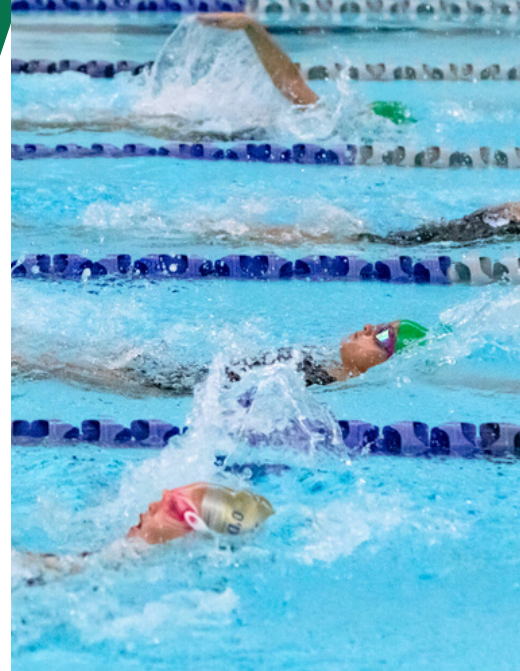
### Open Meet Registration

- Rec Meet - McHenry
- Coho Summer Classic
- Rec Meet - Park Ridge
- North Shore Open
- Rec Meet - Norridge
- Rec Meet - Prak Ridge
- CWAC Summer Sizzle
- Rec Meet - Bolingbrook

## Upcoming Dates

### May 26<sup>th</sup> - Summer Program Begins

We will be moving to Turtle Creek for the summer. All changes have been updated and reflected on the team calendar.



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