



SWIM TEAM SCHEDULE

		M	T	W	Th	F	Sa	Su
7:00	8:30						OPEN WATER SWIM	
8:30	10:00							
2:00	4:00							SWIM
4:30	5:00	DRYLAND						
5:00	6:00	PRETEAM SWIM						
5:00	6:30/6:45	YOUNG TEAM/ SWIM TEAM SWIM						

SUNDAY PRACTICE FOR EVERYONE- 2 TO 4 PM - TECHNIQUE, VIDEOS, SWIM MEET, GAMES

PRE TEAM FOR EVERYONE WHO WANTS TO SWIM BETTER:

1. 2/3 x a week
2. ATTENDS DAY @ RACES

YOUNG TEAM: FOR EVERYONE WHO IS INTERESTED IN RACING CLUB AND MIDDLE SCHOOL:

1. 3/5 x a week - MINIMUM COMMITMENT TO TRAIN
2. MUST BE ABLE TO COMPLETE 12x50 on 1'10"
3. SWIMS 500 YARDS FREESTYLE WITH CORRECT TURNS

SWIM TEAM: 1. 6/7 x a week - MINIMUM COMMITMENT TO TRAIN

2. MUST BE ABLE TO COMPLETE 12x50 on 50"
3. 1 x 1650 WITH FLIPTURNS

SWIM TEAM PRICE LIST

	Non- Member	Member
PRE-TEAM	\$90.00 Monthly	\$80.00
YOUNG TEAM	\$110.00 Monthly	\$100.00
SWIM TEAM	\$130.00 Monthly	\$120.00
USA REGISTRATION	\$55.00 Yearly	