



# Swim Team

Winter/Spring 2020: January 6th - March 13th

USA Senior Team | \$130/month

*\*Saturday practices held when there are no swim meets scheduled.*

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	*Saturdays
5:30-7:00pm	5:00-7:00pm	7:00-8:15am 5:30-7:00pm	5:00-7:00pm	5:30-7:00pm	7:00a-9:00a

USA Age Group Team | \$110/month

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
4:30-5:45pm	4:30-5:45pm	4:30-5:45pm	4:30-5:45pm	4:30-5:45pm

Rec Swim Team | \$90/month

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm

10-Visit Rec Swim Team Punch | \$50.00/month

10-Visit Age Group Swim Team Punch | \$60.00/month

10-Visit USA Senior Team Punch | \$70.00/month

(\*These passes expire every 30 days)

**\*USA Swimming requires an annual membership/initiation fee of \$74.00\***



# Swim Team Groups

## Senior USA Swim Team:

*Similar to the Age Group Team, the Senior USA team is designed for the swimmer that desires to train year-round and compete at the State Level to potentially national level. Swimmers are well coached, highly disciplined, and well versed in all strokes and rules of competition. This group is focused on racing, and has a larger emphasis on yardage, in addition to more practice times. The Senior USA Team, practices for One and a Half hours, five times a week with three optional morning practices throughout the week.*

## USA Age Group Swim Team:

*This highly competitive team is designed for the swimmer that desires to train year-round and compete at the State Level. Swimmers are well coached, highly disciplined and well versed in all strokes and rules of competition. The Recreation Department is vested in the success of each individual involved in the program. Coaches will track a swimmer's success through detailed record keeping of swim meet race times, and records of each participant's progress.*

*The Age group Team is designed for younger swimmers who still need a bit more emphasis on stroke work and technique, without training quite as much yardage as our Senior USA team. Practice lasts 1 hour and 15 minutes, five times a week.*

## Rec Swim Team:

*This program is geared to swimmers ages 5-18 that have successfully completed our LTS 4 course and desire to advance their swimming skills and stroke technique in a lap pool format. This program provides an introduction to swimming competition and racing technique. Practice lasts an hour, five times a week.*

## 10 Punch Swim Team:

*This program is geared to swimmers ages 5-18 that have successfully completed our LTS 4 course and desire to advance their swimming skills and stroke technique in a lap pool format. The only difference between this program and the Rec Swim Team is that this program is designed so that families who are not going to be attending more than two practices a week on average have a more affordable option.*

## **\*Financial Assistance Available**

For more information contact  
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