

## Practice Schedule Fall/Winter 8 Week Session November 2nd – December 30th

### 13 & Unders

Practice Schedule at Fit Nation

#### Tuesdays and Thursdays

Beginner and Adv. Beginner (11 & Under)– 6:05-6:50pm

Intermediate (10 & Under)– 6:55-7:40pm

Adv. Beginner/Intermediate (11-13 Year Old) – 7:45-8:30pm

Mondays Race Day (30 Min. Practice / 30 Min. Dual Meet) (Begins November 9<sup>th</sup>)

Dual Meet Teams (see schedule) – 7:00-8:00pm

### Silver

Centre Club - Mondays and Wednesdays 7:00-8:30pm

Rec Plex – Fridays 8:00-9:30pm

### Gold

Centre Club – Tuesdays and Thursdays 7:15-8:45pm

Rec Plex – Mondays and Fridays 8:00-9:30pm

### Seniors 13 & Over

Rec Plex - Monday – Friday 8:00-9:30pm

*No Practice on November 26<sup>th</sup>, December 24<sup>th</sup> and December 25<sup>th</sup>.*

## PRACTICE GROUP FEES

Practice Group	Fee	Payment Plan
13 & Under Beginner to Intermediate	\$ 250.00	\$ 125.00
Silver (10-13 Advanced)	\$ 400.00	\$ 200.00
Gold (10-13 Advanced)	\$ 450.00	\$ 225.00
Senior	\$ 550.00	\$ 275.00
USA Swimming Registration for all new Swimmers	\$ 81.00	N/A

## **PRACTICE GROUP DESCRIPTIONS**

The **Blue Devil Swim Club** offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the **Blue Devils Swim Club** to offer age specific training for all of our athletes geared towards challenging and developing each individual to the best of THEIR abilities.

### **13 & Unders**

This group is for all swimmers 10 & Under that are Beginner to Intermediate. They have a good knowledge of all 4 competitive Strokes. Swimmers will be divided into lanes based upon abilities during practice.

### **Silver Group**

9-14 year olds for those that are intermediate to advanced and are capable of doing all 4 strokes efficiently. 9-10 Year olds will only be allowed in this group with Coach Recommendation. Goal for this group is to make Regional Qualifying Times. Practice requirements are 3 Practices per week. Minimum Practice requirements is the ability to hold 8x100IM's on 2:30 and 8x100 Flutter Kick on 3:00.

### **Gold Group**

9-14 year olds for those that are intermediate to advanced and are capable of doing all 4 strokes efficiently. 9-10 Year olds will only be allowed in this group with a Regional Time or by Coach Recommendation. Goal for this group is to make Regional and State Qualifying Times. Minimum Practice requirements is the ability to hold 8x100IM's on 2:00 and 8x100 Flutter Kick on 2:30.

### **Seniors 13 & Over**

13 & Over swimmers that are beginner to advanced. Swimmers will be divided into lanes based upon abilities during practice.

These group descriptions are for basic guidelines and are not intended as hard line requirements. The Head Coach in conjunction with the group coaches has the final say in all instances. In all instances the coaches will do what is best for the swimmer and team as a whole.