

Purple Valley Aquatics

Swim Team Informational Flyer

Purple Valley Aquatics is a not-for-profit organization that was formed in August 2012. PVA is committed to developing accomplished swimmers from the pre-age group through college levels. Our goal is to create an exciting environment that not only provides excellent teaching, training and motivation of young athletes, but also cultivates a true enjoyment of the sport.

Fall SCY Season 2020

September 14th - December 18th

Pool Location: Berkshire YMCA (North Adams, MA)



Required Parent Zoom Meeting for all families: Sunday, September 13 @ 6:30pm



All practice schedules are subject to change pending group numbers

Training Groups

***Pre-Age Group:** (ages 6-9) This group offers an introduction to competitive swimming. Fundamentals will be taught w/a focus on technique, stroke development, starts & turns. **Swim requirement- 25yds of freestyle, 25yds of backstroke, 25 yards w/ kickboard**
Practices- Tues/Thurs from 6:00-7:00pm

Age Group I: (ages 7-11) This group will emphasize developing good technique in all areas, starts & turns as well as endurance training. Other essentials, such as race strategy & using the pace clock properly will also be covered.
Practices- Tues/Thurs from 6:00-7:30pm

Age Group II: (ages 9-13) In this group, swimmers will focus on a continuation of stroke development with more advanced endurance training, including dryland. **Practices- Mon/Wed/Fri from 5:00-7:00pm**

Senior Group: (ages 12-18) This group is the most advanced group & will focus on endurance (not over distance) training, including dryland, while making great technique and race strategy a priority.
Practices- Mon/Wed/Fri from 5:00-7:00pm with Sat TBD

Fee Structure

	3 installments/Paid Full		3 installments/Paid Full
PreAG:	\$57/\$170	Age Group I:	\$85/\$255
Age Group II:	\$167/\$500	Senior Group:	\$167/\$500

**A mandatory yearly \$80 USA Registration charge is not included in the fee*
Multiple Child Discounts: 2nd child- \$75 off 3rd child- \$100 off*

For questions or more information, please e-mail Karrie Honecker at pvacoach@gmail.com
Visit our website: www.purplevalleyaquatics.org