Purple Valley Aquatics

Swim Team

Informational Flyer for Fall 2021

***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 2021

September 13th- December 17th

Pool Location: Berkshire YMCA (North Adams, MA)

 **Required Parent Zoom Meeting**: Thursday, September 9@ 7:00pm 

**\*All practice schedules are subject to change pending group enrollment/size\***

**\*\*Age ranges are just a guide and vary greatly\*\***

**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, 25 yards w/ kickboard\** ***Practices- Tuesday 6:00-7:00pm & Friday 5:00-6:00pm***

***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- Tuesday 6:30-8:00pm & Friday 5:30-7:00pm***

***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 5-7pm , Wed 6:30-8:00pm, Thurs 6-7:30pm***

 ***\*There will also be a dryland/wellness practice on Saturdays 8-9am***

***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 6-8pm, Wed 6-8pm, Thurs 6-8pm, Sat 8-10am***

 ***\*\*There will also be a dryland/wellness practice on Fridays 6:45-8pm***

**Fee Structure**

 **3 installments/Paid Full 3 installments/Paid Full**

**PreAG: $75/$225 Age Group I: $108/$325**

**Age Group II: $142/$425 Senior Group: $184/$550**

*\*A mandatory yearly $87 USA Registration charge is not included in the fee\**

*Multiple Child Discounts: 2nd child- $50 off 3rd child- $75 off*

**For questions, please e-mail Karrie Honecker at** **pvacoach@gmail.com**

**Visit our website:** [**www.purplevalleyaquatics.org**](http://www.purplevalleyaquatics.org/)