CMAC Summer Rec. Swim Team 2019

\*\*NO SWIM TEAM EXPERIENCE REQUIRED\*\*

**CMAC summer swim team is gearing up and we are looking for swimmers of all ages and abilities. You do not have to dig through the closet for last year’s swimming suit. We will give you a new one just for joining. No experience required. This is the perfect entry-level team. The kids just need to be water safe. We will have instructors in the pool and on the deck. During the season, every child is instructed to swim all four of the competitive strokes. Our program de-emphasizes competition and concentrates on fun & improvement instead of winning.**

# Season Fee: $335 ($325 for 2nd child in family, $315 3rd child, etc…)

# The Fee includes all materials costs:

**\*Swim Suit \*T-Shirt**

**\*Individual Trophy \*Team Picture**

**\*Swim Meets w/Ribbons throughout the summer**

**\*\*\* IMPORTANT FOR FIRST TIME SWIM TEAMERS \*\*\***

**To be on the CMAC Summer Rec Swim Team, participants need to be water safe. We will teach proper technique throughout the summer, however some kids may need a little help before the program starts. Often kids who were swimming like fish at the end of last summer are rusty and uncertain after a winter off.**

**\*SELECT TEAM\***

**The Select team will be a new addition to the Summer Swim Team Program. Swimmers in the Select team will require a tryout to be approved by the Head Coach of the Team. Select Team will practice in the Select Team practice listed below. The Select Team will train and compete in 50 yard distances and may include relays (depending on facility availability)**

**PRIVATE LESSONS/SWIM TEAM PREP LESSONS:**

**Swim team participants need to be water safe. Some kids that may have forgotten the basics or need a little extra prep before the summer. Lessons can be scheduled through the swim office at:** **swim@costamesaaquatics.org** **or 714-367-4355**

**Season Dates**

**Monday & Wednesday – June 3rd – June 19th**

**Monday through Thursday – June 24th – August 1st**

**Practice Times(until June 20th):**

**4pm-4:30pm 5 & 6 year olds**

 **4:30pm-5:00pm 7 - 10+ year olds (Select Team)**

**3pm-3:30pm 5 & 6 year olds (after June 24th)**

**3:30pm to 4:15pm 7 -10+ year olds (after June 24th) (Select Team)**

***“TENTATIVE” SWIM MEET SCHEDULE:***

**Wednesday, June 26th Intra Squad Meet @ Costa Mesa High All ages 4pm**

**Wednesday, July 10th CMAC vs OCC @ OCC 5 & 6 5:00pm - 7 & older 6pm**

**Tuesday, July 16th Team Picture & Coin Dive @ Costa Mesa High All Ages 4:00pm**

**Wednesday, July 24th Balboa Bay Club vs. @ CMAC 5 & 6 5:00pm - 7 & older 6:00pm**

**TUESDAY, July 30th All Teams @ CMAC 5 & 6 5:00pm - 7 & older 6:15pm**

**Thursday, August 1st Awards Ceremony/Party @ Costa Mesa High All ages TBD**

**Saturday, Aug 3rd  All-Star Championship @ OCC(not all kids attend this meet) 9:00am**

**Register at: cmacswim.com**