

Locations

PEAK offers programming at the Pearland Natatorium and in Shadow Creek Ranch at the Emerald Bay pool. With a range of programming options at both pools, you can choose the schedule and location that works best for your child's goals and competitive swimming experience.

Pearland Natatorium



4141 Bailey Road

Coaching Team:

Natalie Melenric - Lead Site Coach
Jeanine Healy
Thuc Nguyen
Charyl Teal

PEAK practices in ten 25 yard lanes at the Pearland Natatorium.

Shadow Creek Ranch Emerald Bay Pool



11814 North Clear Lake Loop

Coaching Team:

John Burke - Head Coach
Ann Burke - Lead Site Coach
Esther Kizito
Kim Simon

Emerald Bay is a six lane, 25 yard, heated pool in the heart of Shadow Creek Ranch.

Age Groups, Goals, and Frequency

PEAK's programming and scheduling is differentiated by age group and sessions per week. Below, you will find a breakdown of goals and sessions per week for each age group. Programming for each swimmer is customized to meet them at their level of competitive swimming development.

10 and Under Program Descriptions and Schedule Options - Natatorium

Age Group	Goal	Sessions Per Week	Prerequisite
<p>6 - 10</p> <p>3x</p> <p>Natatorium</p> <p>Natatorium coaching staff:</p> <p>Thuc, Charyl, Jeanine, Natalie</p>	<p>Develop fundamental skills for competitive swimming.</p> <p>Explore swimming as a competitive sport.</p> <p>Establish swimming as part of a healthy lifestyle.</p>	<p>3x - 3 one hour sessions per week - \$153/month</p>	<p>PEAK Tryout</p>
<p>9 - 10</p> <p>4x</p> <p>Natatorium</p> <p>Lead Coach:</p> <p>Charyl</p>	<p>Develop advanced technical skills for training and competition.</p> <p>Develop a focused mindset to perform in a competitive environment.</p> <p>Establish a commitment to competitive goals through consistent practice attendance.</p>	<p>4x - 4 one hour and fifteen minute sessions per week. - \$175/month</p>	<p>PEAK Tryout</p> <p>Legal in all competitive strokes</p> <p>Swim team experience</p>

10 and Under Program Descriptions and Schedule Options - Emerald Bay

Age Group	Goal	Sessions Per Week	Prerequisite
6 - 10 2x/3x Emerald Bay Lead Coach: Kim	Develop fundamental skills for competitive swimming. Explore swimming as a competitive sport. Establish swimming as part of a healthy lifestyle.	2x - 2 one hour sessions per week - \$131/month 3x - 3 one hour sessions per week - \$153/month	PEAK Tryout

11 - 13 Program Descriptions and Schedule Options - Natatorium

Age Group	Goal	Sessions Per Week	Prerequisite
<p>11 -13</p> <p>3x</p> <p>Natatorium</p> <p>Natatorium coaching staff:</p> <p>Thuc, Charyl, Jeanine, Natalie</p>	<p>Develop fundamental skills for competitive swimming.</p> <p>Explore swimming as a competitive sport.</p> <p>Establish swimming as part of a healthy lifestyle</p>	<p>3x - 3 one hour sessions per week - \$153/month</p>	<p>PEAK Tryout</p>
<p>11-13</p> <p>4x/5x</p> <p>Natatorium</p> <p>Natatorium coaching staff:</p> <p>Thuc, Jeanine, Natalie</p>	<p>Competitive-performance training and advanced skill development for peak performance.</p> <p>Focused commitment to the pursuit of competitive swimming at the highest possible level.</p> <p>Understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to competitive performance.</p>	<p>4x - 4 one and one half hour sessions - \$175/month</p> <p>5x - 5 one and one half hour sessions - \$197/month</p>	<p>Minimum one year training experience with demonstrated commitment.</p> <p>Proven competitive performance</p> <p>Coach Approval</p>

11 - 13 Program Descriptions and Schedule Options - Emerald Bay

Age Group	Goal	Sessions Per Week	Prerequisite
<p>11 -13</p> <p>2x/3x</p> <p>Emerald Bay</p> <p>Lead Coach:</p> <p>Esther</p>	<p>Develop fundamental skills for competitive swimming.</p> <p>Explore swimming as a competitive sport.</p> <p>Establish swimming as part of a healthy lifestyle.</p>	<p>2x - 2 one hour sessions per week - \$131/month</p> <p>3x - 3 one hour sessions per week - \$153/month</p>	<p>PEAK Tryout</p>
<p>11 - 13</p> <p>4x/5x/6x</p> <p>Emerald Bay</p> <p>Lead Coach:</p> <p>Ann</p>	<p>High-performance training and advanced skill development for peak performance.</p> <p>Land-based strength and conditioning</p> <p>Mental performance training to increase self-reliance, confidence, and mind-body connection</p> <p>Focused commitment to the pursuit of competitive swimming at the highest possible level.</p> <p>Understands and takes responsibility for attendance, performance, and habits in practice and how these three relate to competitive performance.</p>	<p>4x - 3 two hour sessions + 1 one and one half hour session - \$175/month</p> <p>5x - 3 two hour sessions + 2 one and one half hour sessions - \$197/month</p> <p>6x - 3 two hour sessions + 3 one and one half hour sessions - \$219/month</p>	<p>Demonstrated commitment to consistent practice attendance, desire to face challenges, and proven competitive performance.</p> <p>Coach Approval</p>

High School Program Descriptions and Schedule Options - Natatorium

Age Group	Goal	Sessions Per Week	Prerequisite
<p>High School 4x/5x</p> <p>Natatorium</p> <p>Lead Coach: Natalie</p>	<p>Competitive training and skill development.</p> <p>Competitive performance training for peak performance at high school and USA Swimming championship meets.</p> <p>Support academic demands and school team commitments.</p>	<p>4x - 4 one and one half hour sessions - \$175/month</p> <p>5x - 4 one and one half hour sessions + 1 two hour session - \$197/month</p>	<p>PEAK Tryout</p> <p>Coach Approval</p>

