

Competitive		
Seniors	Seniors	
	September through March ONLY - \$90/month	
	MWF	4:00 PM - 6:15 PM
	S	7:30 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)
	April through July - \$125/month	
	M-F	4:00 PM -6:15 PM
	S	7:30 AM - 9:30AM (When there is no Club Meet Scheduled.)

Junior	Junior	
	September through March ONLY - \$80/month	
	MWF	4:45 PM - 6:15 PM
	S	8:00 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)
	April through July - \$105/month	
	MTThF	4:45 PM - 6:15PM
	S	8:00 AM - 9:30 AM (When there is no Club Meet Scheduled.)

Age Group	Age Group - \$70/month	
	MWF	5:00 PM -6:15 PM
	S	8:00 AM - 9:30 AM (When there is no HS or Club Meet Scheduled.)

***Emergency practice schedule changes (ie Weather) will be listed under the practice schedule changes tab on the front page of the website. If you are in doubt, please check the website before heading out to practice.**

Competitive Team Swimmers Must be evaluated to determine proper group placement.

Birth Certificates must be presented the first day of Practice.

One Adult member of the family must complete Athlete Protection Training before the first day of practice.

Any Athlete Age 12 and over must complete Athlete protection training before the first day of practice.

There will be no Saturday practices when a High School or Club meet is scheduled.

Practice will be canceled for any scheduled HS meet during the week.

No Practices Thanksgiving day, Christmas eve, Christmas day, New years day, Easter. Other Holidays TBA

Pre-Competitive		
Future Champions	10 Week Sessions - Do not swim meets	
	\$275/Session	
	Fall Session - September 7 to Nov 11; Spring Session - February 13 to April 28; Summer Squad - May 8 to July 14	
	MWF	4:15 PM - 5:00 PM

Water Buddies	10 Week Sessions - Do not swim meets	
	\$250/Session	
	Fall Session - September 7 to Nov 11; Spring Session - February 13 to April 28; Summer Squad - May 8 to July 14	
	MWF	5:45 - 6:15 PM

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All swimmers must begin in learn to swim lessons.

Recommendations will be made for participation in Future Champions.

Birth Certificates must be presented the first day of practice for Future Champions.

Practices will be canceled for any scheduled HS meet during the week.

Learn to Swim		
Group Learn to Swim (Ages 4 & Up) - 4 Swimmer Max - 2 week Sessions		
Fall Session - September 7 to Nov 11; Spring & Summer Session - February 13 July 6		
Group 1	MWF	3:45 PM - 4:15 PM
Group 2	MWF	4:15 PM - 4:45 PM
Group 3	MWF	4:45 PM - 5:15 PM
Group 4	MWF	5:15 PM - 5:45 PM

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Swimmers must be potty trained; No swim diapers or pullups allowed.

Swimmers must be 4 years of age on the first day of lessons.

4 swimmers to 1 coach ratio.