

Pre-Competitive	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

<p>*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.</p>
<p>All swimmers must begin in learn to swim lessons.</p>
<p>Recommendations will be made for participation in Pre-Competitive.</p>
<p>Pre-Competitive Swimmers are required to register for an annual USA Swimming Flex Membership before the first day of practice.</p>
<p>Birth Certificates must be emailed to Coach Mary at mekspano@gmail.com, before the first day of practice.</p>
<p>One adult family member and all swimmers over age 12 MUST complete Safe Sport Training, and send proof of completion to Coach Mary (mekspano@gmail.com), before the first day of practice.</p>
<p>Practices will be canceled for any scheduled HS meet during the week.</p>

