

Sea Devils Swimming: Fee and Level Description
Fall 2019 / Winter 2020

	Swimming	Dryland	Focus	Practice	Level fee	Payment Plan	2020 USA/MN Fee	Partial Season availability?
Minnows	Practice 30-45 min, 1-2 times a week	N/A	Focus on learning proper body and head position. Introduction to circle swimming with basic drills for freestyle and backstroke. Minnows can compete in any home meet or Pre-C/C novice meets	Regular practice attendance is encouraged.	\$360	\$50 due at the time of registration. \$77.50 due on 10/1, 11/1, 12/1 and 1/1	\$70	No
Guppies	Practice 45 min, 2 times a week	N/A	Focus on learning basic skills in freestyle, backstroke, streamlines, starts & turns. Intro to breaststroke, butterfly. Emphasis on the necessary foundations to swim competitively.	Regular practice attendance is encouraged.	\$465	\$50 due at the time of registration. \$103.75 due on 10/1, 11/1, 12/1 and 1/1	\$70	No
Sharks	Practice 60 min, 2-3 times a week	N/A	Focus on learning basic techniques of the 4 competitive strokes, breathing patterns, timing, streamlining, starts & turns. Beginning emphasis on meet competition.	Regular practice attendance is encouraged.	\$610	\$50 due at the time of registration. \$140.00 due on 10/1, 11/1, 12/1 and 1/1	\$70	No
Red	Practice 60-75 min, 2-3 times a week	Dryland 2 - 4 times per month	Continuing focus on the 4 competitive strokes with emphasis on breathing patterns, kicking, starts and turns. Increasing emphasis on meet competition.	Regular practice attendance is encouraged.	\$640	\$50 due at the time of registration. \$147.50 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$420. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$185.00 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Yellow	Practice 60-90 min, 3-4 times a week	Dryland 2 - 4 times per month	Continuing focus on the 4 competitive strokes with a strong emphasis on body & head position. Introduction of training sets. Strong emphasis on meet competition.	Regular practice attendance is encouraged.	\$680	\$50 due at the time of registration. \$157.50 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$445. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$197.50 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Black	Practice 75 - 120 min, 4-5 times a week	Dryland 1-2 times a week	Focus will be on mastering all aspects of technique using training sets and classroom. Swimmers should be able to complete a 1.5 - 2 hour practice and must attend a minimum of 60% of the offered practice times. Meet attendance is expected once a month.	Regular practice attendance, including dryland, is highly recommended.	\$745	\$50 due at the time of registration. \$173.75 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$485. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$217.50 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Senior	Practice 90-120 min, 5 - 6 times a week	Dryland as scheduled	Focus on maximum performance and training. Swimmers need to exhibit a high level of workout ability and competition performance.	Regular practice attendance is highly recommended.	\$855	\$50 due at the time of registration. \$201.25 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$560. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$255 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Junior National	Practice 90-120 min, 5 - 6 times a week	Dryland 1-2 times a week	Strong focus on mastering techniques, tempo, strokes per length, as well as maximizing starts and turns. Swimmers are expected to maintain a high level of workout ability and competition performance. For swimmers ages 11-14 with an equivalent to 11-12 Champ time. By coach-invitation only.	Regular practice attendance is required.	\$800	\$50 due at the time of registration. \$187.50 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$520. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$235 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Senior National	Practice 90-120 min, 5-6 times a week	Dryland as scheduled	Focus on maximum performance and training. Swimmers need to exhibit a high level of workout ability and competition performance. For swimmers with Speedo, Grand Prix or Jr Nat'l cuts.	Regular practice attendance is required.	\$955	\$50 due at the time of registration. \$226.25 due on 10/1, 11/1, 12/1 and 1/1	\$70	Partial Season available to MS and HS swimmers: \$615. Boys break for HS and return for Finals/State. Girls start 11/27. \$50 at registration. \$282.50 on 10/1 and 11/1 (for BOYS) or 12/1 and 1/1 (for GIRLS)
Master's Program	Practice 60 min, 3 times a week	N/A	To promote adult fitness and a healthier lifestyle through swimming. This program is perfect for all levels and abilities. For swimmers age 19+.	Regular practice attendance is encouraged.	\$45/mo	\$20 registration fee. Monthly fee of \$45	\$45 2020 fee	Continued monthly - need 30 days written notice to cancel.