

1 Day a Week Group- LIAC

Monday or Wednesday or Friday

6:30-7:30pm

LIAC

\$85/month

This group keeps your child active, without pressure of attendance or full week commitment attendance. Still swim and receive instruction with the best team in the region. This program is for 12 and under swimmers working on all strokes, having fun, learning to dive off the blocks and building confidence in the water. Intrasquad meets will be set up for your swimmers. Meets are not required- Only encouraged if interested.

Registration online

(August 2022-July 2023)

\$130

Apparel and Equipment

For all gear, team apparel and equipment needs please visit our Team Order page [here](#).

Equipment – Correct kind matters

- Kick boards- any brand
- Fins- **ONLY** Speedo or Swim Stuff for 12-U- Long blade fins. NO SCUBA FINS ALLOWED. Long Blade Sporti brand also will work.
- Optional: Paddles- **ONLY Strokemaker or TYR – No ODD Shaped Paddles or Paddles without bands.**
- Optional: Snorkels- Any
- Equipment Bag

USA Swimming Registration:

\$30 Directly to USA SWIMMING

(January 2023- December 2023) Includes 2 meets