



Senior Prep Program

Senior Prep offers a broad-based training approach for athletes 13 years and older. The group's emphasis is on general conditioning along with technique work. This group is appropriate for swimmers who enjoy competitive swimming and are interested in improving their skills and increasing their fitness for high school swimming or summer league.

Winter 2022 Session: January 3 – February 25, 2021

8 weeks, up to 4 practices per week

Winter 2021 Session All-Inclusive Cost: \$380

(total cost based on the number of weeks in the session)

Includes yearly USA Swimming Flex Membership!

(\$20 discount for USA Swimming fee for participants of Fall and Winter 2021 sessions)

Practice Locations/Times:

- Tuesday – SMSD Aquatic Center – 7:00-8:15pm
- Wednesday – SMSD Aquatic Center – 6:00-8:00pm
- Thursday – SMSD Aquatic Center – 7:00-8:15pm
- Friday – SM North – 6:00-7:30pm (all swim)

Remaining Session Dates/Info:

Practice times and locations for future sessions may change based on facility availability

- Spring #1 Session – February 28th – April 8th (6 weeks, \$290)
 - NO PRACTICES OVER SPRING BREAK!
- Spring #2 Session – April 11th – May 29th (6 weeks, \$290)
- Summer Session – May 31st – July 28th (9 weeks, \$425)

(Cost includes USA Swimming fee, only charged on your first session of each school year. Any subsequent sessions will receive a \$20 discount)

REGISTER HERE:



Participants of Fall & Winter 2021 Sessions:

Select "YES" to the additional discount question during registration to get your USA Swimming fee credit!

Questions? Contact Coach Alex Morris at alex.morris89@gmail.com or 913-636-3118