

HS/Sr Elite

Swimmers ages 14-18

Seasons: Fall, Winter, Spring - 3 months (no monthly pay plan)

This program is for the serious senior competitive swimmer.

Training offered six days a week

Goals: swimmers need to be training for sectional and junior national times;

HS: placing in finals at State. Meets required.

JO (Junior Olympic)

Swimmers 10-18

Season: Aug-May (9 months)

This is the program For the serious age group swimmer (ages 10-14)

Training offered six days a week, 2 hour sessions.

Goals: swimmers wish to make Zone and Division One times. Commit to 3 practices minimum per week. Meets required.

Age Group (AG)

Swimmers 7-18

Season: Aug-May (9 months)

AG1 swims 1 time a week

AG2 swims 2 times a week

AG3 swims 3 times a week

Requirements: Must be able to swim the length of the pool. 8+unders are not allowed to swim more than three times a week.

Goals: Swimmers may attend meets but they are optional. Our age group program allows swimmers who are into other sports and activities to train and enjoy our sport with less of a commitment than Elite or JO. Join the group that best fits with your schedule.

Instruction

Swimmers 3-9

Our popular "Learn to Swim" program. For those children that do not know how to swim.

(Children must not be afraid of the water)

Offered Sundays 3-4:00 PM @ SMEast