



SWIMMING

This is a GPS of entering into the sport of swimming with Fairport Swimming. FAST is a bannered program with a wealth of fun and opportunity. We were voted the “Best Swim Team in Rochester” by WHEC TV. Swimming is a wonderful lifetime sport and your enjoyment is our utmost priority. To help you ease into the program we recommend the following options depending on your available time and interest. An evaluation lesson for recommendation placement prior to each program is required with no obligation. Transition to the next level can be done when the swimmer(s) are ready with payments made going towards the next level. LEARN * PRACTICE * ACHIEVE

INTRO TO SWIM TEAM Ages 5-12 9/11/17-10/6/17 (ex.9/28) \$110.00

Easing into the sport with stroke development of the 4 competitive strokes, dive, push offs and turns, simple language and demonstrations by FAST coaches and swimmers at Minerva Deland School. Ages 8 + under
5:00-5:30 PM M-F Ages 10-12 5:30-6:00 PM M-F

JUNIOR MEMBERSHIP Ages 5-12 9/12/17 – 12/31/17 \$363 + \$68 INS

The total fee \$431 included mandatory insurance fee is good through 12/2018. Family max for multiple swimmers is \$660.00 + insurance fees. More advanced stroke development with the use of equipment, starts, turns and novice racing. Intra-squad meets and novice mini meets will be part of the program, simple summer team style, low key. Transition to team groups can start at any time during this program, practices are in the evening as well. There are several appropriate meets included with no fees and some available with fees. There is an explanation on the website.



**ONCE YOUR SWIMMER THINKS SWIMMING ROCKS,
THE LANE PROGRAM IS NEXT!!**

SEASONAL LANE PROGRAM AGES 5-12 9/11/17-4/1/18

Fees correspond with the practice group level. The fees are tiered by practice group appropriate for Lane 1, Lane 2, Lane 3. Coaches will explain placement. Age, ability and length of practice time will be taken into consideration. Lane 1 is usually 45 min. in length, Lane 2 is usually 1 hour, Lane 3 is 1 ¼ hours in length.



YEAR ROUND SWIMMING IS NEXT WHEN YOU'RE READY!



Any questions, contact Head Coach Marci Callan mcallan@fairport.org