



**2022-2023
8 & Under Program Schedule**

SWIM SCHOOL – Swimming Dues: \$1770.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
YTSS1	5 – 8 YEARS	M/W	4:30-5:30pm	YORKTOWN HS
YTSS2	5 – 8 YEARS	T/TH	4:30-5:30pm	YORKTOWN HS

SWIM SCHOOL – Swimming Dues: \$900.00 + Registration Fee: \$250.00

Workout Code	Age Group	Days	Time	Location
YTSS3	5 – 8 YEARS	FRIDAY	4:30-5:30pm	YORKTOWN HS

Our swim school program is a comfortable, non-pressure environment where our “little feet” begin to develop a love for the sport of swimming. It is a training ground for 8 & under children who have not yet learned the legal execution of the 4 competitive strokes. Time is also spent on starts, finishes and breathing techniques. When legal execution of the strokes has been learned, the swimmer is then ready to transfer into one of the 8 & UNDER workouts.

8 & UNDER GROUP BRONZE – Swimming Dues: \$1770.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OM2A	12 & UNDER	T/TH	4:30-5:30pm	OAK MARR REC
OM2B	12 & UNDER	W/F	4:30-5:30pm	OAK MARR REC
RC2A	14 & UNDER	M/W	7:00-8:00pm	RESTON COMMUNITY
RE2A	12 & UNDER	M/W	6:15-7:15pm	RENAISSANCE
RE2C	7-14 YEARS	T/TH	5:00-6:00pm	RENAISSANCE
YT2A	8 & UNDER	T/TH	5:00-6:00pm	YORKTOWN HS



**2022-2023
Age Group Program Schedule**

AGE GROUP GOLD – Swimming Dues: \$3006.00 + Registration Fee: \$350.00

<small>Workout Code</small> RE4N	11 & OVER	M/W/F	4:30-6:00pm	RENAISSANCE
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AGE GROUP SILVER – Swimming Dues: \$2384.00 + Registration Fee: \$350.00

<small>Workout Code</small> OM3A	9-12 YEARS	M/W/F	4:30-5:30pm	OAK MARR REC
OM3N	11 & OVER	T/TH W	8:00-9:00pm 7:30-8:30pm	OAK MARR REC OAK MARR REC
YT3A	9-12 YEARS	M/W/F	5:00-6:00pm	YORKTOWN HS

AGE GROUP BRONZE – Swimming Dues: \$1770.00 + Registration Fee: \$350.00

<small>Workout Code</small> OM2A	12 & UNDER	T/TH	4:30-5:30pm	OAK MARR REC
OM2B	12 & UNDER	W/F	4:30-5:30pm	OAK MARR REC
OM2C	11 & OVER	T/TH	3:30-4:30pm	OAK MARR REC
RC2A	14 & UNDER	M/W	7:00-8:00pm	RESTON COMMUNITY
RC2B	10 & OVER	M/W	8:00-9:00pm	RESTON COMMUNITY
RE2A	12 & UNDER	M/W	6:15-7:15pm	RENAISSANCE
RE2B	12 & OVER	M/W	7:15-8:15pm	RENAISSANCE
RE2C	7-14 YEARS	T/TH	5:00-6:00pm	RENAISSANCE
RE2D	9 & OVER	T/TH	6:15-7:15pm	RENAISSANCE
YT2N	12 & OVER	T/TH	8:30-9:30pm	YORKTOWN HS

○ SATURDAY WORKOUTS – Swimming Dues: 975.00 – Coach’s Approval (Included in Platinum or Unlimited Registration)

<small>Workout Code</small> OM1M	10 & OVER	SAT	6:00-8:00am	OAK MARR REC
RE1M	10-14 YEARS	SAT	6:00-8:00am	RENAISSANCE
YT1M	13 & OVER	SAT	6:00-8:00am	YORKTOWN HS

○ Add-on workouts: These are TRAINING workouts for those swimmers who want more yardage and intensity added to their regular practice schedule. Please note that Saturday morning practices will be coach’s approval only with the exception of Unlimited and Platinum Swimmers. Should your swimmer wish to participate in a Saturday morning practice please email Kristin@yorkswim.com to request coach’s approval if your swimmer has not participated in Saturday morning practices in a previous season.



**2022-2023
13 & Over Senior Program Schedule**

SENIOR GROUP UNLIMITED – Swimming Dues: \$4664.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OMUM *	13 & OVER	M/W/F	4:45-6:30am	OAK MARR REC
		T/TH	4:45-6:30am	RESTON COMMUNITY
		SAT	6:00-8:00am	OAK MARR REC
YTUM *	13 & OVER	M/W/F	5:00-6:30am	YORKTOWN HS
		T/TH	4:45-6:30am	RENAISSANCE
		SAT	6:00-8:00am	YORKTOWN HS

****SENIOR LEVEL AM:** This program is structured for those 13 & over swimmers who want more yardage and intensity in their workouts. Swimming in the senior a.m. program represents an added commitment to more time in water, increased yardage and meets. The two programs listed above are 11 month programs to include the summer season. Swimmers registering for an Unlimited or Platinum Group must receive approval from Mat Campet mfcampet@gmail.com before registering for the first time.

SENIOR GROUP PLATINUM – Swimming Dues: \$3926.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OM6M	13 & OVER	M/W/F	4:45-6:30am	OAK MARR REC
		SAT	6:00-8:00am	OAK MARR REC
YT6M	13 & OVER	M/W/F	5:00-6:30am	YORKTOWN HS
		SAT	6:00-8:00am	YORKTOWN HS

SENIOR GROUP GOLD – Swimming Dues: \$3006.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OM4N	13 & OVER	M/T/TH	7:30-9:00pm	OAK MARR REC
RE4M	13 & OVER	M/W/F	5:00-6:30am	RENAISSANCE
RE4N	11 & OVER	M/W/F	4:30-6:00pm	RENAISSANCE

SENIOR GROUP SILVER – Swimming Dues: \$2384.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OM3N	11 & OVER	T/TH	8:00-9:00 pm	OAK MARR REC
		W	7:30-8:30pm	OAK MARR REC

SENIOR GROUP BRONZE – Swimming Dues: \$1770.00 + Registration Fee: \$350.00

Workout Code	Age Group	Days	Time	Location
OM2C	11 & OVER	T/TH	3:30-4:30pm	OAK MARR REC
RC2A	14 & UNDER	M/W	7:00-8:00pm	RESTON COMMUNITY
RC2B	10 & OVER	M/W	8:00-9:00pm	RESTON COMMUNITY
RE2B	12 & OVER	M/W	7:15-8:15pm	RENAISSANCE
RE2C	7-14 YEARS	T/TH	5:00-6:00pm	RENAISSANCE
RE2D	9 & OVER	T/TH	6:15-7:15pm	RENAISSANCE
YT2N	12 & OVER	T/TH	8:30-9:30pm	YORKTOWN HS

O SATURDAY WORKOUTS – Swimming Dues: \$975.00 – Coach’s Approval (Included in Platinum or Unlimited Registration)

Workout Code	Age Group	Days	Time	Location
OM1M	10 & OVER	SAT	6:00-8:00am	OAK MARR RE
RE1M	10-14 YEARS	SAT	6:00-8:00am	RENAISSANCE
YT1M	13 & OVER	SAT	6:00-8:00am	YORKTOWN HS

O Add-on workouts: These are **TRAINING** workouts for those swimmers who want more yardage and intensity added to their regular practice schedule. Please note that Saturday morning practices will be coach’s approval only with the exception of Unlimited and Platinum Swimmers. Should your swimmer wish to participate in a Saturday morning practice please email Kristin@yorkswim.com to request coach’s approval if your swimmer has not participated in Saturday morning practices in a previous season.