

## PALM-Spartanburg Training Groups

PALM-Spartanburg offers training and practice groups for swimmers of all ages and ability levels. It is the goal of PALM to offer age specific training for all our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities. We offer two options of focus:

- 1) Swim Stronger - build strength and technique
- 2) Swim Faster- race and compete

PRACTICE GROUP	SUGGESTED AGE RANGE	PRACTICES	COST (9 monthly payments)
<i>Stroke School</i>			
Rockhopper 1	5-8	1 practice/week 45 min	\$75/month
Rockhopper 2	6-10	2 practices/week 45 min	\$95/month
<i>Age Group</i>			
Gentoo	9-12	3 practices/week 1 hour	\$125/month
King	13-18	Flex - Choose 3 practices/week 1 1/2 hour	\$140/month
Royal	10 & over	4 practices/week 1 1/2 hour	\$150/month
<i>Senior</i>			
Emperor	13 & over	5-6 practices/week 1 1/2 - 2+ hours	\$170/month

\*group practice times may vary