

PALM-Spartanburg Training Group Fees

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 of our athletes geared towards challenging each individual and developing each individual to the best of THEIR abilities. We offer two options of focus:

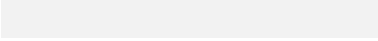
1) Swim Stronger - build strength and technique

2) Swim Faster- race and compete

PRACTICE GROUP	SUGGESTED AGE RANGE	PRACTICES	COST (12 monthly payments)
Stroke School			
Rockhopper 1	5-8	1 practice/week 45 min	\$90/month
Rockhopper 2	6-10	2 practices/week 45 min	\$110/month
Age Group			
Gentoo	9-12	3 practices/week 1 hour	\$125/month
Royal	10 & over	4 practices/week 1 ½ hour	\$150/month
Age Group/Senior Group			
King 1	13 & over	Flex – Choose 3 practices/week 1 ½ hour	\$140/month
King 2	13 & over	5 practices/week 1 ½ hour	\$160/month
Senior High Performance			

*group practice times may vary

Emperor	13 & over	5-6 practices/week 1 ½ - 2+ hours	\$170/month
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