



American Canyon Practices

We will be offering practices in American Canyon on Tuesdays and Thursdays starting on Thursday, September 1. Practices will include swimmers at the Age Group and Senior group levels. This schedule will include September and October. We will revisit for November-January once we see what our registration numbers look like,

Practices will be held on Tuesdays and Thursdays starting September 6.

Age Group and Senior Prep	4:45-6:30 (includes dryland)
Senior and National Development	4:45-6:45 pm

Our full fall practice schedule can be found at:

[Fall Practice Schedule 2022 \(teamunify.com\)](#)

September 1-Clinic Day in American Canyon

We will have a clinic day from 5-7 pm on Thursday, September 1. This will be open to any swimmers who are interested in the DART program. This is a free clinic to any swimmers interested in the team.

DART Groups

DART offers a variety of groups for swimmers of various ages and abilities. Groups that are offered in American Canyon include:

- National Development
- Senior
- Senior Development
- Age Group

[Group Info and Prices](#)

[Group Descriptions](#)

American Canyon Only Groups

Although we would love to see swimmers participating in the full extent of our program, we do realize that transportation can be an issue.

Due to this, we are offering a specific pricing to swimmers who are only planning on attending the following practices.

- Tuesdays and Thursdays in American Canyon
- Saturdays in Solano

Age Group AC	\$125 per month
Senior AC	\$125 per month

**Swimmers must also pay the swim team registration fee for their assigned group as well as register with USA Swimming*

***Group attendance requirements will not be applicable for AC only swimmers (swimmers)*

****Swimmers who swim at AC only will be placed in Age Group or Senior Prep. Some Senior prep practices will be combined with other Senior groups.*

Meets and Events

Meets and events can be found on our website. These will be updated throughout the season.

Additional info can be found at www.sasoswimming.org.