



Beginners Group

This introductory group introduces swimming technique in a fun, non-competitive environment. This group focuses on all four competitive strokes as well as swim skills such as turns and dives.

Practices are offered Mon/Wed/Fri. Swimmers are encouraged to attend at least 2 out of 3 practices per week.

Lead Coach Jeff Collins jeffc@sasoswimming.org

Group Parent Erin Shipp erinshipp@gmail.com

Ages 12 and under

Practice Requirements Recommended attend at least 2 out of 3 practices per week

Practice Schedule
Mon/Wed/Fri 4:00pm-4:30pm Solano College

Required Gear for Purchases
None

SASO Attire
Swimmers will receive a team shirt and cap after registration with SASO. Team suits and other attire are available in the swim shop on our website.

Fees
Monthly Dues \$69 per month/\$40 in month of August
SASO Registration \$25 per swimmer per season
USA Registration \$25 for Flex Membership
(upgrade to full membership as needed)

Volunteer Requirements
SASO Hosted Meets Required if swimmer attends hosted meet
Leadership Points None
Timing Away meets attended by swimmers