



Youth Swim Team (updated 5/21/19)

Summer Groups and Pricing (see group descriptions below)

All summer pricing includes summer dues for June 3-August 2, SASO registration and USA swimming membership. Swimmers will receive a SASO shirt and cap.

Beginner Otters	\$177
Yellow Otters	\$223
Blue Otters	\$257
Intro to Otters	monthly dues-see below

SASO Group Info and Prices (summer practice times can be found on link below)

All swimmers MUST register with USA swimming. SASO will register and invoice separately.

SASO Annual Registration (thru August 31)	\$25	(receive cap and shirt)
USA Swimming Flex Membership	\$22	
USA Swimming Full Membership	\$85	

*See team handbook for more info

[Summer Practice Schedule](#)

Swim Lessons-Summer

All Ages

Based on sessions/levels

SASO offers private and semi private lessons throughout the summer. Lessons are offered at the Solano College pool.

Mondays-Fridays 3:00-6:00 pm (check website for specific class times)

Intro to Otters

4-12 year olds

\$55 per month

This group introduces swimming technique in a fun, non-competitive environment. Swimmers in this group will learn skills necessary to transition from swim lessons to swim team. Groups are limited to 6 swimmers per 1 coach (coach is in the water with swimmers.) Swimmers can register for either M/W or T/TH group (separate groups.)

Beginner Otters**4-12 year olds****\$65 per month**

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.

Yellow Otters**5-12 year olds****\$88 per month**

This group focuses on stroke technique improvement and skills, including starts and basic turns in a fun, non-competitive environment.

Blue Otters**6-14 year olds****\$116 per month**

This group is for swimmers with a basic knowledge of the four competitive strokes. The emphasis is fitness, fun, and stroke/turn/dive technique. Swimmers in this group can transition to either our Competitive groups or Otter Fit groups. Local swim meets are encouraged.

Age Group**8-10 year olds****\$127 per month**

This group is a transition group between our developmental and our competitive program. Swimmers continue to improve on stroke technique while building endurance and conditioning. The swimmers in the group are expected to participate in scheduled swim meets.

Junior**11-12 year olds****\$139 per month**

This group is for motivated, goal oriented swimmers who want to be the best they can be in competitive swimming. Workouts integrate endurance, speed, and stroke technique. This is a competitive group with training and competition criteria. Dryland two days per week.

Senior Prep**13 and older****\$132 per month**

Swimmers continue to improve stroke technique while building endurance and conditioning. Swimmers are encouraged to participate in scheduled swim meets.

Senior**13 and older****\$145 per month**

Swimmers in this group are competitive and committed swimmers. Workouts are designed to make the swimmer the best they can be. This group has training, commitment, and competition criteria. Dryland up to five days per week. Mornings available at the college this year.

14 and older-Girls

14 and older

\$225 for summer

\$125 for SASO swim member

SASO offers a 13 and over program for girls ages 14 and older with previous water polo experience. The program participates in practices, scrimmages and tournaments. All participants must register with USA water polo.

M/T/TH

5:00-7:00 pm

Friday Night Scrimmages

Friday night scrimmages will be available throughout the summer at Solano College pool. June 14, July 5 and July 19



US Adult Masters Fitness Program

Adult Masters Fitness

M-F 5:00-6:30 pm

T/TH 6:00-7:00 am

18 and older

TBD

\$30 month (SASO member)

\$35 month (non-member)

SASO offers a masters program for adults of all ages and abilities. Swimmers MUST be able to swim 50 yards of freestyle without stopping to participate. Lanes are available during the times listed above for SASO Masters swimmers. Morning workouts are coached. The program is a part of USA Masters. All participants must register with US Masters.

*SASO Members are member families with swimmer in one of the year round SASO swim groups.



