



Youth Swim Team (updated 2/5/19)

Intro to Otters (begins March 4)

M/W 4:30-5:00 pm

T/TH 4:30-5:00 pm

4-12 year olds

\$55 per month

\$55 per month (begin in April)

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.)

Beginner Otters (begins March 4)

M/W/F 4:00-4:30 pm

5-12 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

M-F 4:15-5:00 pm

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

M-F 4:00-5:00 pm

5-12 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.

Otter Fit

M/T/TH 5:30-6:30 pm

11 and older (begin in April)

\$125 per month

SASO offers a fitness group for swimmers who wish to swim in a low-key environment. The focus is fitness and fun. The group does not participate in USA swimming meets (only time trials meets.) There are NO volunteer requirements for this group.

Swim Lesson information is available on the SASO swimming website. Lessons are available April-October.

Age Group	8-10 year olds
M-F 5:00-6:30 pm	\$127 per month
Sat 7:30-9:00 am	

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
Mon/Wed 4:30-6:00 pm	\$139 per month
Tue/Th/Fri 5:00-6:30 pm	
Sat 7:30-9:00 am	

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
Mon/Wed 4:00-6:00 pm	\$132 per month
Tue/Thu/Fri 4:30-6:00 pm	
Sat 7:30-9:00 am	

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

Senior	13 and older
Mon-Fri 4:00-6:00 pm	\$145 per month
T/TH 6:00-7:00 am	
Sat 7:10-9:00 am	

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.

**All swimmers MUST register with SASO swimming and USA swimming.
Additional information is available on our website.**



Kroc Center-SASO Groups

Beginner Otter-Kroc Center

T/TH 4:30-5:00 pm

4 and older

TBD

\$55 per month

This group introduces swimming technique in a fun, non-competitive environment. Kroc Beginner swimmers can register with USA swimming with a flex membership.

Yellow/Blue Otters-Kroc Center

T/TH 5:00-6:00 pm

5 and older

TBD

\$65 per month

This group focuses on stroke technique and skills, including starts and basic turns in a fun, non-competitive environment. This is a combined Yellow/Blue Otter group.

All Kroc groups move to Solano College in the summer (June-August.)

Summer Otters-All Groups at Solano College

June 10-July 31

Intro to Otters

M/W 4:30-5:00 pm

4-12 year olds

T/TH 4:30-5:00 pm

\$55 per month

\$55 per month

***Beginner Otters (begins March 1)**

M-F afternoons TBD

5-12 year olds

\$TBD

***Yellow Otters**

M-F afternoons TBD

5-12 year olds

\$TBD

***Blue Otters**

M-F afternoons TBD

5-12 year olds

\$TBD

***Summer specific groups are session based. Swimmers pay a session fee (June-July.) This includes a USA flex registration, SASO shirt and cap.**



USA Water Polo (Spring and Summer)

Junior Water Polo-Spring

Fridays 5:30-6:30 pm

April 5-May 31

Junior polo will be offered in the fall. The group will practice once a week. The focus in basic water polo skills and conditioning. Participants must be able to swim 100 yards. Check polo schedule for updates to practices days in case of any Friday events. All Junior water polo participants must register with USA water polo-Bronze level.

Summer Water Polo-Girls

Mon-Thu mornings (times TBD)

Season begins June 10

SASO offers a 13 and over program for boys and girls ages 13 and older with previous water polo experience. The program participates in practices, scrimmages and tournaments.

Additional info will be posted in mid-August. All participants must register with USA water polo.

Summer Water Polo-Boys

Mon-Thu afternoon (times TBD)

Season begins June 10

SASO offers a 13 and over program for boys and girls ages 13 and older with previous water polo experience. The program participates in practices, scrimmages and tournaments.

Additional info will be posted in mid-August. All participants must register with USA water polo.

Junior Water Polo-Summer

Tue/Thu 4:30-6:00 pm

June 10-July 31

Junior polo will be offered in the summer. The group will practice twice a week. The focus in basic water polo skills and conditioning. Participants must be able to swim 100 yards. All Junior water polo participants must register with USA water polo-Bronze level.

Friday Night Scrimmages

Friday night scrimmages will be available throughout the summer at Solano College pool.

Check our our website for more info!!!



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.

