



## Group Information September-December 2018

### **Intro to Otters (Sept/Oct)**

**M/W 4:30-5:00 pm**

**4-10 year olds**

**\$110 (2 month session.)**

This group introduces swimming technique in a fun, non-competitive environment.

This is a seasonal group Intro swimmers can register with USA swimming with a flex membership.

### **Beginner Otters (Sept-Nov)**

**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 is a seasonal group offered in the fall and spring. Beginner Otters is offered year-round at the indoor Kroc pool. Beginner Otters can register with USA swimming with a flex membership.

### **Yellow Otters**

**M-F 4:15-5:00 pm**

**5-12 year olds**

**\$88 per month**

This group focuses on stroke technique 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. Local swim meets are encouraged.

### **Age Group**

**M-F 5:00-6:30 pm**

**8-10 year olds**

**\$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/Fri 5:00-6:30 pm** **\$139 per month**  
**Tue/Th 4:30-6:30 pm**  
**Sat 7:15-9:00 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/Fri 5:00-6:30 pm** **\$132 per month**  
**Tue/Thu 4:30-6:30 pm**  
**Sat 7:15-9:00 am**

Swimmers continue to improve stroke technique while building endurance and conditioning. Swimmers are encouraged to participate in scheduled swim meets. Dryland 2 days per week.

**Senior** **13 and older**  
**Mon-Fri 4:00-6:15 pm** **\$145 per month**  
**T/TH 6:00-7:00 am** **\*attend one morning if HS swimmer**  
**Sat 7:00-9:00 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.

**High School Winter Training** **13 and older**  
**Schedule TBD** **TBD-seasonal**

SASO will offer a winter training program for swimmers who are interested in training November-January in preparation for the upcoming high school season.

## **Kroc Center-SASO Groups**

**Beginner Otter** **4 and older**  
**T/TH 4:30-5:00 pm** **\$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** **5 and older**  
**T/TH 5:00-6:00 pm** **\$65 per month**

This group focuses on stroke technique and skills, including starts and basic turns in a fun, non-competitive environment. Kroc Yellow and Blue swimmers can register with USA swimming with a flex membership.

## **USA Water Polo**

### **Junior Water Polo**

**10-14 year olds**

**TBD**

**TBD**

Junior polo will be offered in the fall. The group will practice once a week. The focus is on basic water polo skills and conditioning. All water polo participants must register with USA water polo-Bronze level.

### **Winter Water Polo-Seasonal**

**14 and older**

**TBD**

**TBD**

SASO offers a 14 and over program for boys and girls ages 14 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.

## **US Masters Fitness Program**

### **Adult Masters Fitness**

**18 and older**

**M/WF 4:00-6:30 pm lanes available**

**\$30 month (SASO member)**

**T/TH 5:30-6:30 pm coached workout**

**\$35 month (non-member)**

**TBD mornings new in 2018/19!!!**

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. The program is registered with USA Masters. All participants must register with US Masters.