



## Sharks 2013 Spring Program

### Swim groups

#### Tiger Sharks

Beginning group for swimmers 4 and half years old and over who are self-sufficient in the water, but have had little or no experience on a swim club. Emphasis is on developing movement patterns that are controlled and efficient. Focus will be on freestyle and backstroke. Planned ratio of 10:1 swimmers to coaches including an experienced helper in the water with the children.

#### Leopard Sharks

Intermediate group for swimmers 7 years old and older who have had some experience with a swim club or are able to swim 50 yards freestyle with minimal stopping. Emphasis is on mastering basic stroke patterns involved in all four competitive strokes. Planned ratio of 15:1 swimmers to coaches including an experienced helper in the water with the children.

#### Hammerhead Sharks

Advanced group for swimmers 9 years old and older who are proficient in all 4 strokes (back, free, breast, butterfly). Emphasis is on improving strokes and introducing conditioning techniques. Competition start and turn skills will also be developed.

***If you are unsure which group is best for your child, sign him/her up for the group in which you feel certain he/she can be successful. If your child needs to be moved up, the coaching staff will let you know.***



Register at [www.soloaquatics.com](http://www.soloaquatics.com)

Spring Conditioning I: April 10 – May 3 (4 weeks)			Fee*	Pool
4:00-4:30	Wed, Fri	Tiger Sharks	\$80	Burgess
4:30-5:15	Wed, Fri	Leopard Sharks	\$90	Burgess
4:00-5:00	Wed, Fri	Hammerhead Sharks	\$96	Burgess
Spring Conditioning II: May 8 – May 31 (4 weeks)				
4:00-4:30	Wed, Fri	Tiger Sharks	\$80	Burgess
4:30-5:15	Wed, Fri	Leopard Sharks	\$90	Burgess
4:00-5:00	Wed, Fri	Hammerhead Sharks	\$96	Burgess

-- **Fee\*** One time USA Swimming seasonal membership fee (\$45) valid April-August will be applied at registration checkout. **Multi-swimmer family discounts:** 5% off second child, 10% off third and 15% off fourth.

-- **SOLO Family FUN Meet** is an opportunity for sharks to get their first swim times in a *relaxed*, fun atmosphere. Sharks will be joined by the year round SOLO team for silly events and mixed-age relays.

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