

SWIM TEAM

Session I — *Mar 6 – Apr 6

Session II — Apr 10 – May 4

Age 18 & under

This Swim Team program will focus on building swimming skills associated with the 4 strokes (freestyle, backstroke, breaststroke and fly), flip turns, starts and beginning strategy of pacing. Most importantly, swimmers will experience the fun of participating on a team and working together to improve each other. Please note: On the first day of practice, all swimmers will be assessed. A written notification will be provided with assessment results regarding which practice time has been assigned. Determination will largely depend on age/grade and endurance abilities. Swimmers must be able to complete one length of the pool without stopping. Swimmers can swim any stroke, switch the stroke or even float to rest in order to complete the length.

*** No practice during spring break, Mar 26 – 30.**

Location MRC Pool

Cost per session \$35

Member Cost \$31.50

Bundle Session I & II \$63

Member Bundle \$57

Age 18 & under

Coach Shelly Rogers

Min/Max 8/24

Registration deadline: Session I Feb 21; Session II Mar 27

	Date	Day	Practice I	Practice II
Session I	*Mar 6 – Apr 6	T,Th, F	3:40 – 4:25pm	4:15 – 5:15pm
Session II	Apr 10 – May 4	T,Th, F	3:40 – 4:25pm	4:15 – 5:15pm