



## Arrowhead Country Club

### Fall 2025 Schedule

Trident I / II (Age 8+) Mon thru Thurs - 5:00-5:45pm

Trident 3/White (Age 9+) Mon thru Thurs - 5:45-6:45pm

*High School Group available in November.*

**To schedule a required tryout for group placement, or for more information, contact Coach Helen. [Helenz@SwimNeptune.com](mailto:Helenz@SwimNeptune.com)**

**Register online: \$135 annual team fee (valid until 8/31/26) includes a team shirt and 2 team caps. Monthly Fee \$65 - \$185 varies by practice group and available billing option**

**The foundation of Swim Neptune is programming designed to welcome new swimmers into the sport and challenge returning swimmers to excel in a fun and rewarding environment!**

**VISIT OR REGISTER ONLINE! [SWIMNEPTUNE.COM](http://SWIMNEPTUNE.COM)**