



Glendale

Swim Neptune provides opportunities for young athletes of all skill levels to grow and succeed, from beginners to the NCAA champion and U.S. Olympian. Our program has trained a generation of swimmers to achieve their goals both in and out of the pool. With passion and expertise, our coaches are dedicated to helping every athlete reach their full potential.

Fall 2025 Schedule

ACU Aquatics Center

ACU Fall 2025 Schedule

Senior I & II - Monday thru Friday 5:30-7:30pm | Saturdays at Foothills 9:00-11:00am

Senior III Monday thru Friday 5:30-7:30pm | Saturdays at Foothills 9:00-11:00am

Blue USA Monday thru Friday 5:30-7:30pm | Saturdays at Foothills 9:00-11:00am

Black USA Monday thru Friday 7:00-8:30pm | Saturdays at Foothills 9:30-11:00am

White USA Monday thru Friday 7:30-8:30pm | Saturdays at Foothills 9:30-10:30am

Trident III 7:30-8:30pm Monday thru Thursday | Saturday at Foothills 9:30-10:30am

Trident High School 7:30-8:30pm Monday thru Thursday | Saturday at Foothills 9:30-10:30am

Foothills Recreation Center

Foothills Fall 2025 Schedule

Trident I - Monday thru Thursday 5:45-6:15pm | Trident II - Monday thru Thursday 6:15-7:00pm

Trident I 9:00-9:30am | Trident II 9:30-10:15am; Trident III / HS 9:30-10:30am;

White (USA) 9:30-10:30am; Black (USA) 9:30-11:00am; Blue/Senior (USA) 9:30-11:00am

To schedule a required tryout for group placement, or for more information, contact Coach Helen. Helenz@SwimNeptune.com

Register online: \$135 annual team fee (valid until 8/31/26) includes 2 team shirts and 2 team caps. Monthly Fee \$80 - \$225

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