



## At Moon Valley Country Club

### Fall 2025 Schedule

**Neptune Program (The Competitive Track)** *Swimmers who will participate in USA Swim meets, potentially competing at the Regional, State and National levels.*

**Senior 1** - Monday thru Friday - 4:00pm - 6:00pm / Saturday 7:00am - 9:00am

**Senior 2** - Monday thru Friday - 4:00pm - 6:00pm / Saturday 7:00am - 9:00am

**Senior 3** - Monday thru Friday - 4:00pm - 5:45pm / Saturday 7:00am - 9:00am

**Blue** - Monday thru Friday - 4:00pm - 5:45pm / Saturday 7:00am - 9:00am

**Black** - Monday thru Friday - 5:45pm - 7:15pm

**White** - Monday thru Thursday - 6:00pm-7:15pm

**TRIDENT Program (The Developmental Track)** *Swimmers must be able to comfortably complete one lap of freestyle with rotary breathing and one lap of backstroke without stopping.*

**Trident 3 / HS** - Mon, Tues, Wed, Thurs - 7:15pm-8:15pm

**Trident 2** - Mon, Tues, Wed, Thurs - 4:15pm-5:00pm OR 5:30pm-6:15pm

**Trident 1** - Mon, Tues, Wed, Thurs - 5:00pm-5:30pm OR 6:15pm-6:45pm

**Homeschool Group** - Mon, Tues, Wed - Trident 1 - 1:00-1:45pm / Trident 2 & 3 - 2:00 - 3:00pm

**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**

**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)**