

DIS

DISCOVERY I

Grades K-3
ALLISON/MARCO
Daily Training: 30 mins.
5 sessions per week
Swimmers know all strokes
Skill development focus
Meet optional
Min. 3 practices per week
Goals: National B
Tuition: \$150/mo.

DISCOVERY 2

Grades 4-6
ALLISON/MARCO
Daily Training: 30 mins.
5 sessions per week
Swimmers know all strokes
Skill development is focus
Meet optional
Min. 3 practices per week
Goals: National B
Tuition: \$150/mo.

SwimF.I.T.

Grades 7-8; 9-12 - TBD
Daily Training: 1 hour
5 sessions per week
Swimmers know all strokes.
Fitness focus; H.S. Prep
Meets optional
Suggested 3 practices per week
Goals: National B
Tuition: \$185/mo.

CLG

CHALLENGE I

Grades K-3 - MARCO
Daily Training: 1 hour
5 sessions per week
Swimmers know all strokes
Skill development is focus
Attend all recommended meets
Min. 4 practices per week
Goals: National BB, A
Tuition: \$170/mo.

CHALLENGE 2

Grades 4-6 - MARCO
Daily Training: 1 hour
5 sessions per week
Swimmers know all strokes
Skill development is focus
Attend all recommended meets
Min. 4 practices per week
Goals: National BB, A
Tuition: \$170/mo.

CHALLENGE 3

Grades 7-8 - KONRAD
Daily Training: 2 hours
6 sessions per week
Focus on strength, power, speed, endurance and technique.
Attend all recommended meets
Min. 5 swim practices per week
Goals: National BB, A, AA
Tuition: \$205/mo.

CHP

CHAMPS I

Grades K-3 - MARCO
Daily Training: 2 hours
5 sessions per week
Advanced swimmers.
Focus on power and technique.
Attend all recommended meets.
Min. 4 practices per week
Goals: Zone/Champs/FW QTs
Tuition: \$200/mo.

CHAMPS 2

Grades 4-6 - ERIC
Daily Training: 2 hours
6 sessions per week
Advanced swimmers.
Focus on power and technique.
Attend all recommended meets
Min. 5 practices per week
Goals: Zone/Champs/FW QTs
Tuition: \$215/mo.

CHAMPS 3

Grades 7-8 - KONRAD
Daily Training: 2 hours
6 sessions per week
Swimmers train and compete at highest level and represent Paseo at competitive meets in the U.S.
Min. 6 swim practices per week
Goals: Zone/Champs/FW QTs
Tuition: \$225/mo.

AGE GROUP PROGRAM

Groups organized by age and grade, to balance holistic growth, social-emotional development, physical fitness benefits and injury prevention.

SENIOR PROGRAM

From high school fitness regimens to elite competition training, we prepare Senior-level swimmers to represent Paseo at top-tier meets across the United States, fostering excellence in and out of the water.

S3

SENIOR 3 / INTERNATIONAL / PRO

HIGH SCHOOL - Grades 9-12 (14+) - CHRIS

Daily Training: 3 hours, 6 swim and 5 PaseoF.I.T. sessions per week
Swimmers in Senior 3 train to compete at the highest levels and represent Paseo at the most competitive meets in the United States.
Time Goals: National AAA, AAAA, Sectionals, Junior Nationals, Futures
Attendance: Min. 5 swim and 4 PaseoF.I.T. sessions per week
Tuition: Swim \$300/mo. + Paseo F.I.T. \$85/mo.

S2

SENIOR 2

HIGH SCHOOL - Grades 9-12 (14+) - TREVOR

Daily Training: 3 hours, 6 swim and 5 PaseoF.I.T. sessions per week
Swimmers in Senior 2 train to compete at the highest levels and represent Paseo at the most competitive meets in the United States.
Time Goals: National A, AA, AAA, Sectionals, Junior Nationals
Attendance: Min. 5 swim and 4 PaseoF.I.T. sessions per week
Tuition: Swim \$275/mo. + Paseo F.I.T. \$85/mo.

S1

SENIOR 1

HIGH SCHOOL - Grades 9-12 (14+) - TREVOR

Daily Training: 3 hours, 6 swim and 5 PaseoF.I.T. sessions per week
Swimmers in Senior 1 focus on developing excellent strength, power, speed, and endurance and improve technique and efficiency in the competitive strokes while representing Paseo at local/travel meets.
Time Goals: National BB, A+, Age Group Champs, Far Westerns
Attendance: Min. 5 swim and 4 PaseoF.I.T. sessions per week
Tuition: Swim \$250/mo. + Paseo F.I.T. \$85/mo.