

SWIM STAGE SELECTOR



WHICH STAGE IS RIGHT FOR YOUR SWIMMER?

Swim Lesson Cost:

\$80 Members

\$90 Non-Members



SWIM LESSONS: 4 Week Program, 2x a Week, 30 Minute Sessions

BEGINNER

Not comfortable in water, may or may not like face getting wet, needs a lot of assistance in the water to float on stomach and back.

INTERMEDIATE

More comfortable in water, comfortable putting face in, may need a little to no assistance in floating under the water on stomach or back.

ADVANCED

Very comfortable in water, can float under, on back and stomach completely unassisted. Has some forward motion on stomach and back.

GOALS FOR PROGRESSING TO THE NEXT LEVEL

BEGINNER- More comfortable in water, blowing bubbles, starting to put ears in and floating unassisted on back and floating on stomach almost unassisted.

INTERMEDIATE- Almost if not completely comfortable swimming unassisted. Can float completely unassisted on back and stomach. Has some forward progress on stomach and back with Freestyle and Backstroke

ADVANCED- Can swim 15-25 yards completely unassisted. Can swim freestyle and backstroke. Starting to swim breaststroke and may be introduced to butterfly.



SWIM LEAGUE

8 wk program- 2 x a wk -practice 45 min- 1 Swim Meet every other Friday night.

REQUIREMENTS: Must be able to swim 25 yards freestyle and back stroke

END OF SEASON: Swim 25 yards freestyle backstroke, breaststroke and some resemblance of butterfly. Diving and doing flip turns

\$90 Members \$100 Non-Members

SWIM TEAM

(Biggest commitment from swimmers and parents) Year round program and swim meets 1 – 2 x a month. Mostly in Nashville some out of town/ state. Practice 1 – 5 x a week 1.5 hr to 2hrs. depending on level and commitment. – Season Registration begins in August.



MONTHLY DUES

\$125 1 x a week

\$145 3 x a week

\$165 4 x a week



REGISTRATION & START UP FEES

\$325 Fundraising Fee 1 x yr

\$175 1 x yr

\$80 USA Registration fee 1 x yr



REQUIREMENTS:

Must be very comfortable and confident in swimming multiple 50 yards. Very proficient in Freestyle and backstroke, legal breaststroke, and a good resemblance of butterfly.

This program is a big commitment as it is a sport meant to be year-round and prepare them for High School and potentially college swimming if desired.