

# SWIM STAGE SELECTOR



## WHICH STAGE IS RIGHT FOR YOUR SWIMMER?



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

### Swim Lesson Cost:

\$80 Members  
\$90 Non-Members

#### 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.