



2026

LONG COURSE SEASON

April 1st – June 18th (or last championship meet)

IMPORTANT DATES!

April 1st:
Registration opens

March 23–26, 5:30–6:30 PM:
New swimmer evaluations

Pick which day works for you. Have your swimmer come in their suit and bring a towel and goggles. The coaches will evaluate and assign the training group that works best with their age and abilities.

April 8th 6:00 PM:
Mandatory parent meeting

GROUP	PRACTICES	MONTHLY PRICE
1 Intro to Swim Team Recommended for swimmers who have mastered swim lessons and will begin their competitive swim team experience. Must be able to complete 1 lap of the pool.	30 minutes, 2 days per week S M T W T F S 4:30 PM – 5:00 PM	\$145 per month
2 Novice Swimmer must have the basic fundamentals of the four competitive strokes.	45 minutes, 3 days per week S M T W T F S 6:45 PM – 7:30 PM	\$235 per month
3 Intermediate Swimmers will continue to master the four competitive strokes along with Interval training.	1 hour, 4 days per week S M T W T F S 6:30 PM – 7:30 PM	\$275 per month
4 Pre-Advance Swimmers who have demonstrated a skill level needed to compete at Regional Championships and beyond. 30 minutes of dryland training included.	1 hour and 45 minutes, 5 days per week S M T W T F S 5:00 PM – 6:45 PM	\$305 per month
5 Advance I Swimmers who have demonstrated a skill level needed to compete at State Championships, CT Seniors, and beyond. 30 minutes of dryland training included.	2 hours, 5 days per week S M T W T F S 4:30 PM – 6:30 PM	\$335 per month
6 NEW!!! Advance II Swimmers 12 & over, who enjoy being in the water, staying active, and improving skills without the pressure of high-volume or meet-focused training. 30 minutes of dryland training included.	1 hour and 30 minutes, 5 days per week S M T W T F S 4:30 PM – 6:00 PM	\$185 per month* <i>*Meets and USA Swimming Membership not included</i>

ADDITIONAL INFORMATION

- Practices may be cancelled, adjusted, or changed depending on Hamden Hall Country Day School's and HHAC's swim meet schedule or Beckerman Athletic Center's master schedule.
- Meet entry fees included in monthly fee.** This does not apply to the Advance II group.
- Fees **DO NOT** include the 2026 USA Swimming Membership
- Monthly training fees will not be prorated If the swimmer chooses to attend fewer practices per week. Fees are non-refundable.

- For those that qualify for championships beyond Regionals, training after June 18th will take place Monday–Thursday 6:00–7:30 AM.
- Monthly training fees will be 3 monthly payments and withdrawn the 1st of the month (April, May, and June)
- Hamden Hall students / faculty receive a 20% discount.
- HHAC certified USA officials receive a 30% discount off monthly training fees (must officiate HHAC hosted meets for the discount to apply).

REGISTER HERE:

SCAN ME

