



BECKERMAN ATHLETIC CENTER

225 Skiff Street, Hamden CT

HHAC SWIM TEAM 2025-2026 SHORT COURSE SEASON

Starting: September 2, 2025 / Mandatory Parent Meeting: September 10 at 6:00pm

Practice times may be canceled, adjusted, or changed depending on Hamden Hall Country Day Schools and Hamden Hall Aquatic Clubs Swim Meet Schedule and Beckerman Athletic Center master schedule.

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.

Team Practices: 30 minutes / 3 days per week
Days/Time: Monday, Tuesday, Thursday from 4:45– 5:15pm
Monthly Charge: \$205 (Sept. 2 - Feb. 26)

NOVICE

Swimmer must have the basic fundamentals of the four competitive strokes.

Team Practices: 45 minutes / 3 days per week
Days/Time: Monday, Tuesday, Thursday from 6:45 - 7:30pm
Monthly Charge: \$235 (Sept. 2- Feb. 26)

INTERMEDIATE

Swimmers will continue to master the four competitive strokes along with interval training.

Practices: 1 hour / 4 days per week
Days/Time: Monday - Thursday from 6:30 - 7:30pm
Monthly Charge: \$275 (Sept. 2- Feb. 26 or last Champ Meet)

PRE-ADVANCE

Swimmers who have demonstrated a skill level needed to compete at the Regional Championship, Age Group Championship and Eastern Age Group Zone Championship.

Practices: 1 hour 30 minutes / 5 days per week
Days/Time: Monday – Friday from 5:15 – 6:45pm
Monthly Charge: \$305 (Sept. 2 - Feb. 26 or last Champ Meet)

ADVANCE

Swimmers who have demonstrated a skill level needed to compete at State Championships, CT Seniors, Eastern Zones, Sectionals, Nationals, and beyond.

Practices: 2 hours / 5 days per week
Days/Time: Monday - Friday from 4:30 - 6:30pm
Monthly Charge: \$335 (Sept 2– Feb. 26 or last Champ Meet)

New Swimmer Evaluation: August 26-28, 2025 from 5:30-6:30. Pick which day works for you.

Have your swimmer(s) 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.

REGISTRATION BEGINS SEPTEMBER 1, 2025

ONLINE Registration ONLY: For new, current, and past HHAC swimmers. Please note your account expires at the end of each season. To participate you must reactivate your account (this requires a credit card/ electronic check on file for billing).



FEE STRUCTURE

- 1-Time Activity Fee of \$295 will apply for renewing swimmers from 2025-2026 season. This includes team suit, shirt, swim cap, and Annual USA Membership (NEW swimmers without a 2025 USA Membership have additional annual USA Membership fee separate from the activity fee).
- Monthly Training Fees Will **Not** be prorated if the swimmer chooses to attend fewer practices per week. Fees are non-refundable.
- Monthly Training Fees are broken down into 7 monthly payments and will be withdrawn the 1st of the month from September through March)
- 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 this discount to apply)