

King County Aquatics Center

Group	Practice Time	Su	Mo	Tu	We	Th	Fr	Sa	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Olympic Cycle	TBD	X	X	X	X	X	X	X	\$ 380	\$ 200	\$ 89	*	* One time assessment TBD for increased dryland and AM practice pool time
Senior National	TBD	X	X	X	X	X	X	X	\$ 380	\$ 200	\$ 89		
Senior Championship	TBD	X	X	X	X	X	X	X	\$ 360	\$ 200	\$ 89		
Age Group Performance	TBD	X	X	X	X	X	X	X	\$ 290	\$ 200	\$ 89		
Age Group 2	TBD (90 min)	X	X	X	X	X	X	X	\$ 250	\$ 200	\$ 89		Sat pool and time TBD, will combine all AG2 practices
Age Group 1	TBD (75 min)	X			X		X	**	\$ 185	\$ 200	\$ 30	\$14 **	USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet; ** Swimingly meets once or twice per month on Sat
Novice 2	TBD (45min)	X			X		X	**	\$ 150	\$ 75	\$ 30	\$14 **	** Swimingly meets once or twice per month on Sat; USAS Flex Membership
Novice 1	TBD (45 min)				X		X	**	\$ 100	\$ 75	\$ 30	\$14 **	** Swimingly meets once or twice per month on Sat; USAS Flex Membership

Covington Aquatics Center

Group	Practice Time	Su	Mo	Tu	We	Th	Fr	Sa	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Varsity (5 Day)	6:30 - 8:00	X	X	X	X	X	X		\$ 250	\$ 200	\$ 89		Sat Bonus Swim; Tu and Th at TLTC

Senior Varsity (3 Day)	6:30 - 8:00	X	X	X				\$ 175	\$ 200	\$ 89	Sat Bonus Swim
Age Group 2	6:30 - 8:00	X	X	X	X	X	X	\$ 250	\$ 200	\$ 89	Sat pool and time TBD, will combine all AG2 practices
Age Group 1	6:15 - 7:30	X	X	X		X	**	\$ 185	\$ 200	\$ 30 \$14 **	** Swimmingly meets once or twice per month on Sat; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:30 - 6:15	X		X		X	**	\$ 150	\$ 75	\$ 30 \$14 **	USAS Flex Membership; ** Swimmingly meets once or twice per month on Sat
Novice 1	5:30 - 6:15	X		X			**	\$ 100	\$ 75	\$ 30 \$14 **	USAS Flex Membership; ** Swimmingly meets once or twice per month on Sat

Pacific Lutheran University

Group	Practice Time	Su	Mo	Tu	We	Th	Fr	Sa	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes
Senior Varsity (5 Day)	6:30-8:30	X	X	X	X	X			\$ 250	\$ 200	\$ 89		Sat Bonus Swim; Tu and Th at TLTC
Senior Varsity (3 Day)	6:30-8:30	X			X		X		\$ 175	\$ 200	\$ 89		Sat Bonus Swim
Age Group 2	5:45 - 7:15	X	X	X	X	X	X		\$ 250	\$ 200	\$ 89		Sat pool and time TBD, will combine all AG2 practices
Age Group 1	5:45 - 7:00	X		X		X	**		\$ 185	\$ 200	\$ 30 \$14 **		** Swimmingly meets once or twice per month on Sat; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:45 - 6:30	X		X		X	**		\$ 150	\$ 75	\$ 30 \$14 **		** Swimmingly meets once or twice per month on Sat; USAS Flex Membership

Novice 1	5:45 - 6:30	X	X	**	\$	100	\$	75	\$	30	\$14	**	** Swimmingly meets once or twice per month on Sat; USAS Flex Membership
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Tacoma (Annie Wright School)

Group	Practice Time	Su	Mo	Tu	We	Th	Fr	Sa	Monthly Training	Annual Registration	Annual USA Swimming Registration	Other	Notes	
Senior Varsity (5 Day)	6:30 - 8:00	X	X	X	X	X	X		\$ 250	\$ 200	\$ 89		Sat Bonus Swim; Tu and Th at TLTC	
Senior Varsity (3 Day)	6:30 - 8:00	X		X		X			\$ 175	\$ 200	\$ 89		Sat Bonus Swim	
Age Group 2	6:30 - 8:00	X	X	X	X	X	X		\$ 250	\$ 200	\$ 89		Tu and Th at TLTC; Sat pool and time TBD, will combine all AG2 practices	
Age Group 1	6:15 - 7:30	X		X		X	**		\$ 185	\$ 200	\$ 30	\$14	**	** Swimmingly meets once or twice per month on Sat; USAS Flex Membership will increase to \$89 if athlete competes in more than one sanctioned meet
Novice 2	5:30 - 6:15	X		X		X	**		\$ 150	\$ 75	\$ 30	\$14	**	** Swimmingly meets once or twice per month on Sat; USAS Flex Membership
Novice 1	5:30 - 6:15	X		X			**		\$ 100	\$ 75	\$ 30	\$14	**	** Swimmingly meets once or twice per month on Sat; USAS Flex Membership