

Welcome to Rochester Swim Club – Prep Squad!



Rochester Orcas Swim Lessons



www.rochesterswimclub.com

Policies, Procedures & More

Rochester Swim Club – Prep Squad is a transitional (non-competitive) group that helps bridge from SwimAmerica swim lessons to the RSC swim team. In this group swimmers are encouraged to attend at least two practices a week. Swimmers will learn more advanced stroke work and important skills and drills to be successful swim team swimmers. It is recommended all swimmers participate in Prep Squad for a maximum of two (2) sessions prior to joining our Rochester Swim Club team.

If you have already graduated from our SwimAmerica lessons program (in the last year), currently or within a year, were in level 6 or 7 in our lessons program and can swim 25 yards continuously on front and back without help, and you are at least 6 years old – you are eligible to be in Prep Squad.

DATES OF SESSIONS:

Please reference the website for practice times and dates for the session. This is also accessible on your confirmation email or under your registrations within your Orcas account.

LOCATION OF PRACTICES:

Offered year-round: Rochester Recreation Center (21 Elton Hills Drive NW) – in both the warm water pool and the large pool

Summer: Soldiers Field & Silver Lake pools, both outdoors

COACHES:

Our lead coach for Prep Squad is Nancy, however you will always have another assistant to assist as well. Feel free to speak with Nancy either before or after practice with any questions. You can also always email her: prepsquad@rochesterswimclub.com

ENTRANCE TO THE REC CENTER:

To get the pool, enter through the Rec Center door #4, which is located off the main parking lot on the south side of the building. You will walk down the stairs, straight ahead down the hallway is the locker rooms; to the left at the bottom of the stairs is the door to the pool. Parents will remain in the hallway while practice take place, you can view the warm pool through the windows, but not the large pool.

Please do not enter the hallway area by the pool entrance any earlier than 5 minutes before practice starts. The space is quite small and there is a good chance other practices or lessons are going on right before your designated time slot.

REGISTRATIONS/REFUNDS:

All registrations are final, no refunds are allowed

PRACTICE DETAILS:

All Prep Squad practices are 45 minutes in length.

CANCELLATIONS:

ALL COMMUNICATION WILL OCCUR THROUGH THE RAINOUT LINE APP – you can download the app on your phone, visit the website or call the phone number for any updates. **BE SURE TO REGISTER TO RECEIVE NOTIFICATIONS VIA EMAIL OR TEXT.**

All notifications will also be posted on our Facebook page (Rochester Orcas Swim Lessons) as well. **No emails will be sent out regarding cancellations!**

Pool accidents do occur at times, as we work with children, and this is our only way of communicating these to you. Also, inclement weather or any other situation which may cause us to cancel.

Communication for Cancellations & Updates



(507) 690-6110
View on-line or use the free app!

Sign-up to receive text alerts/emails

1. Download the app or go online:
www.rainoutline.com, search ROCHESTER SWIM CLUB, click on Rochester Swim Club
2. On left margin, select email/text alerts & register for your preferred method

MISSED PRACTICES:

If your swimmer misses any practices due to illness, vacation, other commitments, etc. we do not offer any make-up practices.

If we cancel practice, we will do our best to offer a make-up during the session in which practice was cancelled, however this is not a guarantee. In some cases, if multiple practices have been canceled, we may offer a refund for those missed, however again, this is not a guarantee.

LOCKER ROOM POLICY:

All persons must use the Rec Center locker rooms for changing, etc, unless you bring your child with their suit on and ready to go. There are showers available in both locker rooms.

NO FAMILY LOCKER ROOMS ARE AVAILABLE

CHILDREN AGES 5 & OLDER NEED TO USE THEIR APPROPRIATE LOCKER ROOMS

There is no deck changing allowed (changing into or out of a swimsuit on deck)

- The locker rooms are shared with the swim team, divers and others. Please be respectful of everyone and do not leave anything in the locker rooms. You are responsible for any items you bring into the facility.
- Due to the shared locker rooms, there may be times the locker rooms will NOT be available for lessons or Prep Squad to use due to events taking place in the large pool. All registrants will be notified prior to those closures if that should take place. In these instances, you will need to towel dry your swimmer and put warm clothes over their suits when you leave the building.

ITEMS TO BRING TO PRACTICE:

Swimmers should bring a swimsuit, goggles and towel. Swim caps are optional. No over the nose goggles are allowed!

Goggles are available for purchase from a coach for \$12 each, cash or check accepted.

REGISTERING FOR MORE LESSONS:

If after this session, you would like to register for more lessons and continue please register on our website. All information is posted on our website:

www.rochesterswimclub.com under swim lessons.

We host group and private lessons year-round.

HOW WILL I KNOW IF MY SWIMMER IS READY TO MOVE ON FROM PREP SQUAD:

Feel free to speak with Coach Nancy at any point or reach out to her with any questions you may have regarding your swimmer: prepsquad@rochesterswimclub

You will also receive an email stating your swimmer is ready for the Rochester Swim Team and details.

For more answers to questions, check out our Frequently Asked Questions [HERE!](#)

WHAT HAPPENS WHEN MY SWIMMER IS READY TO MOVE OUT OF PREP SQUAD:

You will have a few options:

#1 - RSC House League is an AAU swim team that features registration and commitment by session. There is a mini meet during each session that parents volunteer. We do offer the opportunity to attend other local AAU meets and you are welcome to upgrade to USAS registration to attend larger meets if desired. Each swimmer receives a T-shirt and a swim cap that is included in your fees! There are 2 groups in House League and are divided by grade - 6th grade & under (1 hour 10 minute practices) or 7th grade & up (1 hour 20 minute practices) and both practice Monday-Thursday. The price is the same for both groups at \$37.50 per week (subject to change)! The length of the session will determine the total registration cost.

#2 - USA Swim Team and has many groups on our competitive team side, which are broken up by age and ability. This team features annual commitment and multiple competitions each season. The full season is September - August (with stroke work and maintenance offered in March/August).

The registration fee covers all year (Sep-Aug) and includes the maintenance months (Mar/Aug), team suit, T-shirt, and cap! There is an option between an annual payment or monthly payments. The practice lengths and schedule vary based on the group your swimmer is in.

- More information on the USA Swim Team can be found at www.rochesterswimclub.com

#3 - Orca Diving Team. Registration is done by sessions with practices as many times per week, as you wish. It is possible to be on the RSC Swim Team or House League and Dive!!

QUESTIONS/CONTACT:

Please let us know if you have any questions, we appreciate you swimming with us