



Information Booklet

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**Fall 2025**  
**Winter 2026**

# Welcome

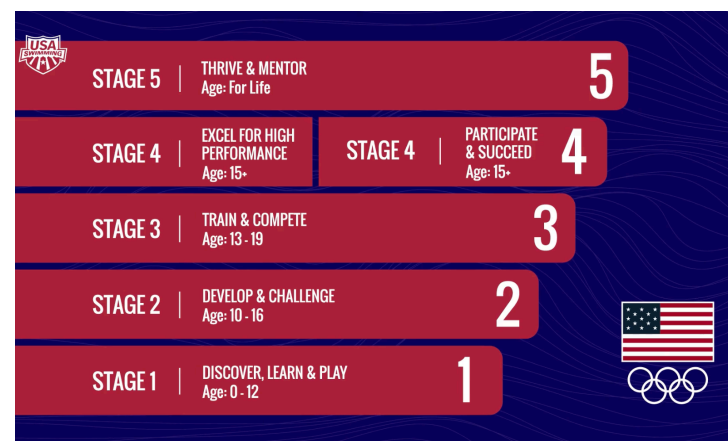
## Fall 2025 / Winter 2026

Welcome to the Fall 2025 and Winter 2026 (“Short Course”) season with the Worthington Swim Club. We are thrilled for our first season in the brand new Worthington Natatorium.

Our club follows the American Development Model created by USA Swimming and US Olympic & Paralympic Committee. The ADM outlines the pathway an athlete follows to achieve physical literacy, improved performance and lifelong participation.

For our team, it means 3 different training groups (Explorers, Adventurers and Racers), based on grade levels (in order to address age-appropriate development), with each training group split into 2 to 3 sub groups to meet every athlete’s specific needs at their current stage of development.

A late start option (Oct 27) is available for all 3 groups for those swimmers who participate in a different sport in the Fall. There is no Fall-only option (except for high school swimmers) since we prepare as a team for Championships that take place in Feb/March.



The ADM utilizes long-term athlete development and quality coaching concepts to promote sustained physical activity, athlete safety and age-appropriate development with the aim of creating a positive experience for American athletes across all levels of sport.

Worthington Swim Club groups are called:

**EXPLORERS** - Grades 1-3 - New explorers discover the basics of the sport by acquiring FUNdamental skills.

**ADVENTURERS** - Grades 4-6 - Accelerated skills acquisition with the introduction of the concept of training.

**RACERS** - Grades 7-8 - Swimmers continue to refine their technical skills in a more competitive environment.

The Short Course 2025-2026 swim season starts **September 8, 2025** and ends at Championships:

- **February 8** for Barbara Kay Mini-Champs (swimmers age 8 & Under)
- **February 22** for Regionals or **March 15** for Junior Olympics qualifiers (swimmers age 9-14)

**A late start option (October 27)** is available for all swimmers who are taking part in a different sport in the Fall.

**Returning swimmers:** Registration opens **August 1**.

Your spot on the team is guaranteed as long as you register before **August 23**.

Please visit [worthingtonswimclub.com](http://worthingtonswimclub.com) to register.

**New swimmers tryouts:** Saturday, **August 16** at 9:00 AM and Saturday, **August 23** at 9:00 AM.  
New swimmers requirements: Swimmers ages 10 & under should be able to complete 2 lengths (50 yards) of backstroke and 2 lengths of freestyle (with lateral breathing) with no assistance and have some knowledge of breaststroke and/or butterfly. New swimmers ages 11 & over should be able to complete a 100 individual medley (25 fly+25 back+25 breast+25 free) with no assistance.



On-line registration for new swimmers (**Worthington-schools residents**) opens on **August 23 at Noon**.

On-line registration for new swimmers (**non-residents**) opens on **August 24 at Noon**.

**Mandatory Meetings for New Families:**

Sunday, **September 28, 4-5 PM**  
at the Natatorium

**Contact Information:**

Head Coach Bernard Vrancken  
[coachbernard@worthingtonpools.com](mailto:coachbernard@worthingtonpools.com),  
614-598-7064



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# Explorers

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## Grades 1-3

### Practice Days and Times

#### Sept-Oct

Monday 6:30-7:30 PM

Wednesday 6:30-7:30 PM

Friday 6:30-7:30 PM

Saturday 9:00-9:45 AM

#### Nov-Jan

Monday 5:45-6:30 PM

Tuesday 5:30-6:30 PM

Wednesday 5:45-6:30 PM

Thursday 5:30-6:30 PM

75% attendance is encouraged

This early developmental period focuses on fundamental movement skills in the water.

3 to 4 practices per week

45 minutes of water time supported by short dryland sessions

Fees: 5 payments of \$155

Late Start: 4 payments of \$155

Non-resident fee: \$80 (one-time/season)

Advanced 3rd graders who have completed a 100IM in competition under 1:45, may discuss with the coaches what options are available for continued growth, including swapping a practice, adding a practice or moving up to the Adventurers group.



# Adventurers



## Grades 4-6

Swimmers continue to refine their fine motor skills and introduce the concept of training.

4 to 5 practices per week  
60-75 minutes of water time supported by dryland sessions

Fees: 5 payments of \$215  
Late Start: 4 payments of \$215  
Non-resident fee: \$120 (one-time/season)

Advanced 6th graders who have completed a 100IM in competition under 1:25, may discuss with the coaches what options are available for continued growth, including swapping a practice, adding a practice or moving up to the Racers group.

### Practice Days and Times

#### Sept-Oct - 4th GRADE

Monday 6:30-7:45 PM  
Tuesday  
Wednesday 6:30-7:45 PM  
Thursday  
Friday 6:30-7:45 PM  
Saturday 9:00-10:00 AM

#### 5th GRADE

6:30-7:45 PM  
  
6:30-7:45 PM  
  
6:30-7:30 PM  
9:00-10:00 AM

#### 6th GRADE

7:15-8:30 PM  
7:15-8:45 PM  
7:15-8:30 PM  
7:15-8:45 PM  
10:00-11:15 AM

#### Nov-Jan - 4th GRADE

Monday 6:30-7:30 PM  
Tuesday 6:30-7:30 PM  
Wednesday 6:30-7:30 PM  
Thursday 6:30-7:30 PM  
Saturday 8:30-10:15 AM

#### 5th GRADE

6:30-7:30 PM  
6:00-7:30 PM  
6:30-7:30 PM  
6:00-7:30 PM  
9:00-10:15 AM

#### 6th GRADE

6:30-8:00 PM  
6:30-7:30 PM  
6:30-8:00 PM  
6:30-7:30 PM  
9:00-10:15 AM

75% attendance is encouraged



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## Racers

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## Grades 7-8

### Sept-Oct

Monday 7:15-9:00 PM  
Tuesday 7:15-9:00 PM  
Wednesday 7:15-9:00 PM  
Thursday 7:15-9:00 PM  
Saturday 10:00 AM-Noon

### Nov-Jan - 7th GRADE

Monday 7:30-9:00 PM  
Tuesday 7:00-9:00 PM  
Wednesday 7:15-9:00 PM  
Thursday 7:00-9:00 PM  
Saturday 10:15 AM-Noon

### 8th GRADE

7:00-9:00 PM  
7:30-9:00 PM  
7:00-9:00 PM  
7:30-9:00 PM  
10:15 AM-Noon

75% attendance is encouraged

Swimmers refine their competitive skills through mental preparation and specific skills development.

4 to 5 practices per week  
75-90 minutes of water time supported by dryland sessions

Fees: 5 payments of \$250  
Late Start: 4 payments of \$250  
Non-resident fee: \$120 (one-time/season)

# High School



Ohio High School swimmers train primarily with their high school team from November through February. The club offers a pre-season (September and October) training session with a combination of technique work and conditioning. Additional support is offered in the Winter (November through February) on an individual basis as needed. Please contact Coach Bernard to discuss options.

HS Pre-Season Fees: 1 payment of \$275  
Non-resident fee: \$25 (one-time/season)  
Winter training: Pro-rated based on individual needs.

## Practice Days and Times

### HS Pre-Season Sept-Oct

Monday 7:15-9:00 PM

Tuesday 7:15-9:00 PM

Wednesday 7:15-9:00 PM

Thursday 7:15-9:00 PM

Saturday 10:00 AM-Noon

# Swim Meets

**Oct 4** - Dan Ave Memorial Meet @ Dublin

**Oct 26** - Tri meet @ Columbus Academy

**Nov 7-9** - Golden Bear @ Upper Arlington

**Nov 22** - Tri Meet @ Home

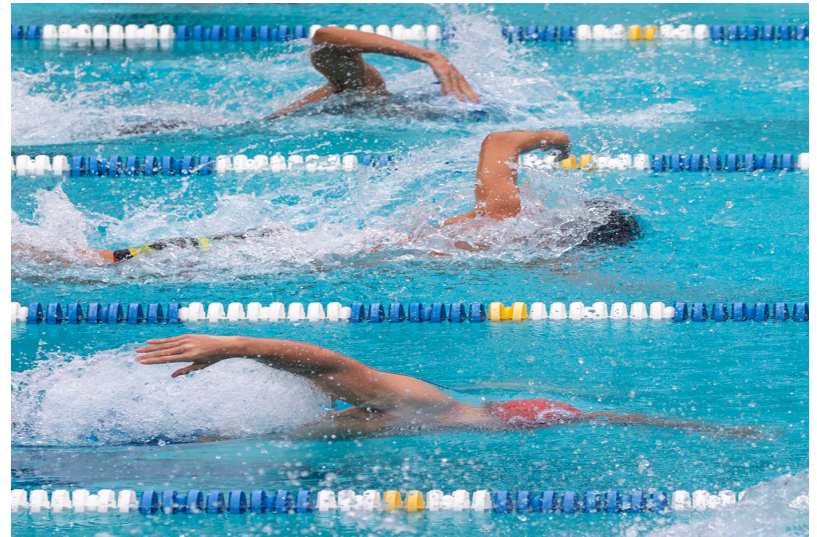
**Dec 6** - Tri Meet @ Home

**Dec 12-14** - Bobcat Snowball Meet @ OU in Athens

**Jan 4** - Winter Open @ Columbus Academy (only for swimmers not attending Kelly German)

**Jan 10-11** - Kelly German Memorial Meet @ Home (time standards apply)

**Jan 23-25** - UASC Classic @ Upper Arlington (time standards apply)



**Feb 7-8** - Barbara Kay Mini-Champs @ Home (season-ending champs for swimmers ages 8 & Under)

**Feb 8** - Intrasquad @ Home

**Feb 19-22** - Regional Champs @ Home (season-ending champs for swimmers ages 9-14, except those qualified for the Ohio Junior Champs)

**Mar 12-15** - Ohio Junior Champs @ Mason (time standards apply)

Schedule is subject to change



# Notes

- The first payment is due at registration. Monthly payments are on Oct 1 (regular start swimmers only), Nov 1, Dec 1, Jan 1.
- Non-resident Fee is an additional fee charged to non-residents of the Worthington School District once per season on November 1.
- Second child: **10% discount**; Third child: **20% discount**; Fourth child: **30% discount**.
- A USA Swimming membership required. The fee is \$82. The club will process the membership for returning swimmers on November 1. New swimmers will need to purchase your membership on the USA Swimming web site at [usaswimming.org](https://usaswimming.org) prior to your first practice.
- Apparel fee (includes 2 silicone caps and 2 t-shirts) is required: \$30/swimmer (charged Oct 1).
- Meet entry fees are additional and depend on participation.
- Fees are billed via online Auto-Pay system.
- Practices are cancelled on the following dates (subject to change): Sept 13, Oct 7, Nov 27-28, Dec 24-25, Dec 31, Jan 1, and when hosting a swim meet.
- Refund policy: Full refund prior to September 8. No refund past September 8, except for documented season-ending injury or family relocation.
- **Priority of registration is given to returning swimmers who both:**
  - 1. Compete in home meets and championship meets; and**
  - 2. Whose families fulfill their volunteer requirements (up to 8 meet sessions for the short course season).**