

THE WEST HERALD

MAY

05/20/2025



May

May always feels like a turning point, the days are longer, the sun's peeking out more often, and we can feel summer just around the corner. It's a time to lean into consistency, celebrate progress, and stay connected as a team.

This month, we were lucky to have Jordan Crooks visit WEST and inspire our swimmers with fresh insight and great energy. Let's carry that momentum into the end of the season with focus, fun, and confidence in the work we've put in!



ANNOUNCEMENTS

FACILITY SCHEDULE

Spring Facility Schedule

Normal Schedule: Lap Swim

Monday - Friday: 6:45am-2pm, 8:30-9:30pm

Saturday: 2:30-7pm

Sunday: 10am-5pm

**Mon, Wed, Fri: limited lanes 8-9am during Water Aerobics*

and Friday 11:15am-12:30pm during Masters Group

Normal Schedule: Open Swim

Saturday: 2:30-7pm

Sunday: 10am-5pm



Normal Schedule: Open Gym - Effective

Monday-Friday: 6:30am-2pm, 8:30-9:30pm

Saturday: 2:30-7pm

Sunday: 10am-5pm

SUMMER TEAM

Learn proper stroke technique consistent with our Summer Swim Team in a fun, low commitment and safe environment!

Requirements: 25 yards of Freestyle & Backstroke independently.

Dates: June 23 - August 2

Registration: Opening April 1st

www.westswimteam.com/page/more-programs/summer-team

WEST Fees: Weekday Groups: \$375 / Weekend Only Groups: \$250

USA Swimming: All swimmers must register with USA Swimming for a Flex Membership

SWIM LESSONS REGISTRATION

Weekday Summer 1

Class Times: 9am-12pm & 3-6pm

Class Dates: Mon-Fri 6/23-7/3

Cost: \$175.50 *No Class 7/4

Registration: Friday 6/13 - 7:30pm returning / 8pm new

Weekend Summer

Class Times: 10am-2pm

Class Dates: Sat 6/28-8/16

Cost: \$132 *No Class 7/5

Registration: Sat 6/14 - 5pm returning / 6pm new

