



Bay Club Swim Team

White Level: (8U) M W Fr 3:30-4pm; 50yds Freestyle with the side breathing, 25yds Backstroke, breaststroke kick.

Blue Level: (ages 10 & U) M W Fr 4-4:30pm; 75yds Freestyle, 50yds back, 25yds Breaststroke and Fly Kick

Or mixed **White and Blue Level:** (10&U) Tues & Thurs 3:45-4:30pm (Req. same as above) \$100 per month

Gold Strokes Developmental: - \$150 per month (11&O) M W Fr 5:30-6:45pm Gear: Long Fins

Continuous 100yd freestyle, knowledge of all 4 strokes, no minimum attendance (2 recommended)

Bronze Level: - \$150 per month (Bronze I ages 7-9 years old; Bronze II ages 10-12 years old)

Gear needed: Team gear (cap, suit, t-shirt) + Long Fins

Tues & Thurs 4:30-5:30pm; or M W 3:45-4:30pm & Fr 4:00-4:30pm; and Sat 8:30-9:30am

Must be able to swim 100yds Freestyle on 2:30 with flip turns, 50yds Backstroke, 25yds Breaststroke and Fly.

No minimum attendance required, but 3 workouts recommended. Attend one Bay Club Novice meet per every 4-month season. Must be registered with USA Swimming as of or after September 1st, 2026.

Silver Level: - \$150 per month (ages 12 and under) Gear needed: Team gear, Long Fins, Snorkel

M W Fr 4:30-5:30pm and Sat 8:30-9:30am

Must have one 10U B min-time as a 10U or 11-12 B min for 11y old, make 4x100 free on 2:00 using the pace clock
Swimmers with BB-times can also attend Platinum on Tues and Thurs 5:30-6:45pm at BCCV

Commit to at least 3 practices per week and 2 USA meets during 2026 season.

Platinum: - \$150 per month (ages 12 and over) Gear needed: Team Gear, Long fins, Kickboard, Snorkel

Mon, Tues, Wed, Thurs, and Fr 5:30-6:45pm

11-12 B min for any age 12+; Make 8x50 free on 1:00 using the pace clock as well as a 200IM.

Attend a minimum of 3 swim workouts (5 recommended) per week. May attend Bay Club Novice and USA meets.

Junior Elite (10U A or 11-12 BB), Elite (11-12AA or 13-14A): - \$150 per month (ages 11 and over)

Minimum attendance 80% required. Gear: Team gear, Polo(+\$50), short fins, snorkel, pull buoy

M W Fr 3:45-5:30pm (Dryland 3:45-4:00pm) Tues and Thurs 5:00-6:45 Dryland/Swim; Saturdays 6:00-7:30am at Fairbanks + optional Yoga 9:30-10:20am at BCCV

Senior I (14&O): - \$180 per month Multiple 13-14 AA min-times and 6x100 on 1:30

M W Fr 5:30-7:30pm (Dryland 5:15-5:30pm); Tue & Th 6:00-7:30am & 4:45pm-6:45pm Swim/Dryland

Saturday 6:00am-7:30am at Fairbanks + Strength 8:15-9:05am or Yoga 9:30-10:20am at BCCV

Gear needed: Team gear, Polo(+\$55), short fins, snorkel, pull buoy, kick board, 3 luffas

Must show commitment to our swim team. Minimum attendance 85% required.

Attend 5 workouts per week attend LSC Championship meets, and other scheduled meets required.

Senior II (14&O): - \$180 per month Minimum attendance 90% required.

M W Fr 5:30-7:30pm (Dryland 5:15-5:30pm); Tue & Th 6:00-7:30am & 4:45pm-6:45pm Swim/Dryland

Saturday 6:00am-7:30am at Fairbanks + Strength 8:15-9:05am or Yoga 9:30-10:20am at BCCV

Cuts for Far Westerns, Sectionals, Futures, Jr Nationals MUST MEET WITH HEAD COACH BEFORE ENTRY

Annual Swim Team registration:

Annual Swim Team fee of \$220 will be billed once per season (2026 season is August 1st 2025 to August 31st 2026)

to include for each swimmer a team Shirt, suit, cap, Hydroflax, TeamUnify and end of season swim team Banquet.

Annual fee is not applied to White, Blue, or Gold unless otherwise registered with USA Swimming.

Swimmers must have an active Bay Club membership to participate in our swim team.

Progressive Age-up / Move-up will be provided on the 1st of January, May, and September

To register or set up a swim assessment, contact Nico Kintz at 858-369-3260 or Nico.Kintz@bayclubs.com