



## Winter Training High School Swimmers

DART-Solano offers winter training for high school swimmers. This includes technique, skill development and fitness. Practices are held at Solano College in Fairfield. There are three options for high school age swimmers.

DART Swimming is a nationally recognized USA Swim Team that was swimmers of all ages and abilities-from novice to a 2024 Olympian.

### **Senior Fit** **\$145 per month**

This group is designed for swimmers looking to stay fit and improve their technique several times per week.

Mon-Thu	5:30-6:45 pm	Solano College
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### **Senior** **\$240 per month**

This group includes year round swimmers as well as season swimmers who wish to excel in the sport of swimming. Practices include water sessions as well as dryland.

Mon-Thu	5:00-7:00 pm	Solano College
Fri	4:30-6:30 pm	Solano College
Sat	8:00-10:00 am	Solano College

### **National Development** **\$340 per month**

This is the highest level in our program. Swimmers in this group are looking to excel at the high school sections level and beyond. The focus includes development in and out of the water. Many of the swimmers in this group go on to swim in college. Practices include pool and gym workouts.

Mon/Wed	4:30-7:00 pm	Solano College
Tue/Thu	5:00-7:00 am	Solano College
Fri	4:30-6:30 pm	Solano College
Sat	8:00-10:00 am	Solano College

We will have a free trial week November 10-16. Swimmers who are interested can contact us at [dartsolanoswim@gmail.com](mailto:dartsolanoswim@gmail.com)

[www.dartsolanoswim.org](http://www.dartsolanoswim.org)