



Summer DARTS-Solano June 10-August 2

Our Summer DART program is available to swimmers who are looking for a seasonal swim program in the Solano area. The group is open to all ages and abilities.

The focus of our 8 week program is for swimmers to be introduced to competitive swimming in a seasonal setting. Professional coaches will work with swimmers on:

- Stroke Technique
- Skills
- Starts and Turns
- Swim Drills
- Teamwork
- Summer Fun!!!

DART Swimming is a USA Swimming team that offers aquatics programs for all ages and abilities-from learn to swim to Nationally ranked swimmers. DART is recognized as one of the top USA Swim programs in the country.

DART offers year round swimming, Summer DARTS, water polo and swim lessons. DART-Solano offers summer programs in Solano and Winters.

Solano Community College

Intro to Team 1	Mon-Thu	4:00-4:30 pm	\$225
Intro to Team 1	Mon-Thu	5:00-5:30 pm	\$225
Intro to Team 2	Mon-Thu	4:00-4:45 pm	\$225
Intro to Team 2	Mon-Thu	4:45-5:30 pm	\$225
Beginner	Mon-Thu	4:00-4:45 pm	\$250
Yellow	Mon-Thu	4:45-6:00 pm	\$280
Blue	Mon-Thu	4:45-6:00 pm	\$280
Varsity	Mon-Thu	4:45-6:00 pm	\$280

Armijo High School

Intro to Team 1	Mon-Thu	1:00-1:30 pm	\$225
Intro to Team 2	Mon-Thu	1:15-2:00 pm	\$225
Beginner	Mon-Thu	1:15-2:00 pm	\$250
Yellow/Blue	Mon-Thu	2:00-3:00 pm	\$280

**All summer DARTS will be invited to our clinic week August 5-8 at Solano College.*

Registration

Families can register swimmers on our secure Sports Engine website. Credit cards and ACH payments are accepted.

Registration fee will include program fees as well as USA Swimming membership (seasonal.) All swimmers will receive a DART swim cap and DART team sticker.

New Swimmer Evaluations

All new swimmers should participate in a “new swimmer evaluation” to be properly placed in a group. These are offered in the afternoons at Solano College throughout the year.

You can sign up for a new swimmer evaluation at:

[New swimmer Evaluation — Signup Sheet | SignUp.com](#)

Group Descriptions and Info

Intro to Team 1 14 and under

This is our bridge group for swimmers transitioning from learn to swim lessons to group lessons/swim team. Swimmers must be able to swim 15 yards of freestyle without stopping. Coaches are in the water with this group

Intro to Team 2 14 and under

This is our introductory swim team group. Swimmers must be able to swim 25 yards of freestyle without stopping.

Beginner 14 and under

The group focuses on stroke technique, skill development and having fun!!! Swimmers will learn all four competitive strokes, basic turns and race dive in this group. Swimmers MUST be able to swim 25 yards of freestyle and backstroke

Yellow 8-14 year olds

The group is composed of 14 and under swimmers who are capable of swimming all four competitive strokes. The focus of the group is stroke and skill development, fitness, an introduction into competitive swimming and fun!!!

Swimmers must be able to swim 50 yards of freestyle and backstroke and 25 yards of breaststroke. Swimmers must be able to do a basic flip turn and dive.

Blue 9 and older

The group is composed of 9-12 year olds and under swimmers who are capable of swimming all four competitive strokes. The focus of the group is stroke and skill development, fitness, an introduction into competitive swimming and fun!!! Swimmers must be able to swim 100 yards of freestyle and backstroke, 50 yards of breaststroke and 25 yards of dolphin kick. Swimmers must be able to do flip turns and race starts.

Varsity

13 and older

The group is composed of 13 and older swimmers who are capable of swimming all four competitive strokes. The focus of the group is stroke and skill development, fitness, an introduction into competitive swimming and fun!!! Swimmers must be able to swim 100 yards of freestyle and backstroke, 50 yards of breaststroke and 25 yards of dolphin kick. Swimmers must be able to do flip turns and race starts.

Swim Meets and Events

We will have several optional events and competitions throughout the summer for swimmers to include:

- Race Days
- Summer Swim Meets
- Stroke Clinic-Guest Athletes
- Educational Sessions for Parents
- Pool Party
- End of Summer Awards Ceremony

A schedule of events for Summer DARTS will be posted on our website.

Information

For more information, you can email dartsolanoswim@gmail.com or go to:

www.sasoswimming.org