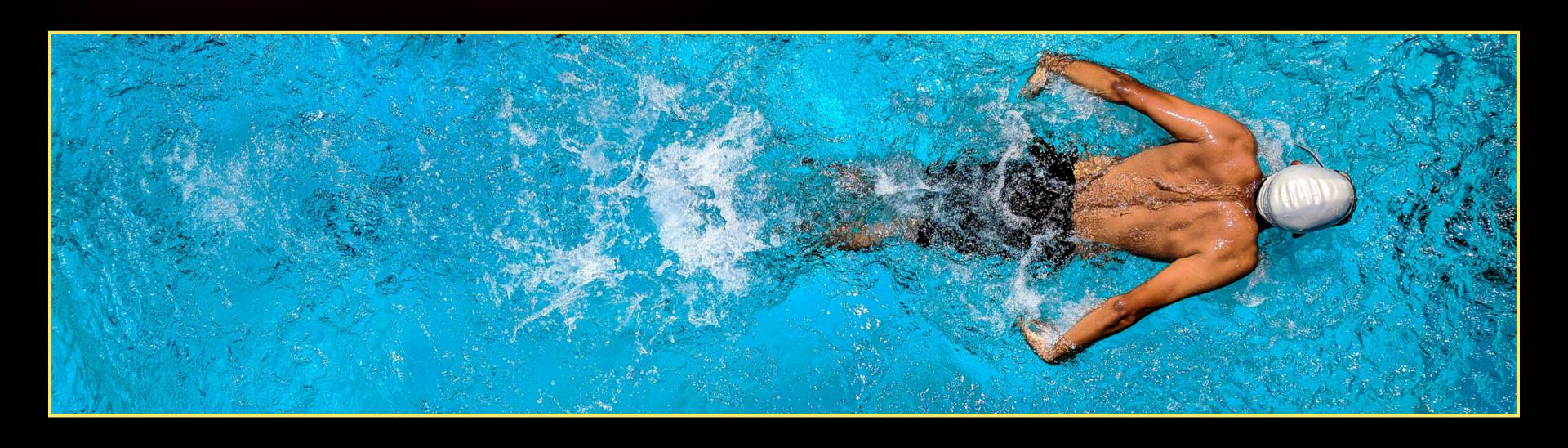
### 

# MONTHLY NEWSLETTER EDITION 5 MARCH 1-31



### UPCOMING EVENTS MARCH

Feb 29-Mar 3 TAGS - San Antonio

Mar 7-10 Sectionals in Dallas
Bill Walker Pool

## We offer private swim lessons!

Contact any of our coaches to schedule.

- Single 30-minute sessions:
  - \$75 for non-ASC swimmers
  - \$60 for active ASC members
- Single 30-minute sessions with 2 swimmers simultaneously:
  - \$60 per swimmer for non-ASC swimmers
     (\$120/per lesson total)
  - \$50 per swimmer for active ASC members
     (\$100/per lesson total)

## Conquestivitations

### ASC 5A/6A STATE QUALIFIERS

#### 200 Medley Relay

Kiersten Taylor

Liza Pozhenko

Emme Spevak

Alex Orris

Gabriel Aleman

Auggie Sefcik

#### **100 Back**

Ruby Teeters

#### **50 Free**

Gabriel Aleman Macie McCurry

#### 100 Fly

Auggie Sefcik

#### **200 Free**

Auggie Sefcik

#### **500 Free**

Anna Hoskovec Noah Morris Victor Teeters

#### 200 Free Relay

Auggie Sefcik Anna Hoskovec Laurel Hoskovec Macie McCurry

#### 400 Free Relay

Gabriel Aleman Anna Hoskovec Laurel Hoskovec Macie McCurry Liza Pozhenko Alex Orris

MAR	द्या ११	ASC Spring Break 2024							
			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Bronze MWF	4:00 - 5:00 pm		4:00 - 5:00 pm		4:00 - 5:00 pm		
363	ANL								
		Bronze TTHF	4:00 - 5:00 pm		4:00 - 5:00 pm		4:00 - 5:00 pm		
	( 9								
		Silver	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm	4:00 - 5:00 pm		
515		Cald	5:00 0:45	5.00 0.45	5:00 0:45	5:00 0:45	5.00 0.45	0.00 0.45	
		Gold	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm		5:00 - 6:15 pm	8:30 - 9:45 am	
		Dryland		6:15 - 6:45 pm		6:15 - 6:45 pm			
ا کا م	5	Junior Prep	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	8:30 - 9:45 am	
		Junior Prep Dryland	0.00 - 0.10 pm	6:15 - 6:45 pm	0.00 - 0.10 pm	6:15 - 6:45 pm	0.00 - 0.10 piii	0.00 - 3.40 am	
		oumor r rep Brylana		0.10 - 0.40 pm		0.10 - 0.40 pm			
		Junior	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	5:00 - 6:15 pm	8:30 - 9:45 am	
	ע ע ע	Junior Dryland	·	6:15 - 6:45 pm	·	6:15 - 6:45 pm	·		
(4)		HS Skills/Speed		8:00 - 9:30 am		8:00 - 9:30 am		7:00 - 8:30 am	
(0)		Senior	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	7:00 - 8:30 am	
	N S	Senior Dryland	9:30 - 10:15 am		9:30 - 10:15 am			8:30 - 9:15 am	
ك ا									
		National Girls AM	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	8:00 - 9:30 am	7:00 - 8:30 am	
		National Girls PM	0.00 40.45		0.00 10.15				
	12	National Girls Dryland	9:30 - 10:15 am		9:30 - 10:15 am			8:30 - 9:15 am	
2	12	National Boys AM	8:00 - 9:30 am	8:00 - 9:30 am	8:00 0:30 am	8:00 - 9:30 am	8:00 0:30 am	7:00 9:30 am	
		National Boys PM	0.00 - 9.30 am	0.00 - 9.30 aili	0.00 - 9.30 am	0.00 - 9.30 am	0.00 - 9.30 aiii	7.00 - 6.30 aiii	
		National Boys Dryland	9:30 - 10:15 am		9:30 - 10:15 am			8:30 - 9:15 am	
	N W	National Boys Dryland	9.30 - 10.15 am		9.30 - 10.15 am			0.30 - 9.15 am	

# SUMMER LEAGUE TUNE UP

Tuesdays, Thursdays, & Fridays

April 1st - 26th

5:00-6:00 p.m.

Cost: \$240