

Club Swim Team for Kids

Begins March 4th/ 6th through May 2nd .

Monday and/or Wednesday

No practice March 25th, 27th, 28th or April 4th

8-11 year olds 5:00-6:00:pm

12-16 year olds 6:00-7:00pm

Thursday conditioning day

12-16 year olds 5:00-6:00 pm

**Swimmers may be moved based on swimming ability*

- **Swim meet in May 4th in Boise**
- **Ice cream/Awards party Wednesday May 8th**
- Starts and distance Saturday practice in Cascade TBD (additional fees will apply and dates will be available first week of practice)



Swim Team Fee:

Members: \$75 once a week, \$150 twice a week, \$200 three days

Non-members \$85 once a week, \$170 twice a week, \$210 three days

Prerequisite: Must be able to swim freestyle and backstroke across the pool (18 yards)

Goggles and swim caps **are strongly** recommended.

Classes include:

- Learning the four basic strokes: Butterfly, Backstroke, Breaststroke, and Freestyle
- Increasing strength and endurance
- Racing starts, turns, and finishes.
- Fun and games
- Sign-up at front desk!