



Colonial Heights Winter/Spring 2017 Swim Club Schedule

The swim club is a workout designed to mimic swim team practice. Swimmers will work on improving strokes, learning/improving starts, gaining endurance, and gaining speed. The program is limited to swimmers ages 18 and under, who meet the swimming prerequisites.

Prerequisites:

Developmental

- Must be able to swim front crawl for 25 yards
- Swim back crawl for 25 yards
- Must be able to float on their back
- Must be able to submerge head

Age Group

- Must be able to swim front crawl for 50 yards
- Must be able to swim back crawl for 50 yards
- Must be able to float on their back
- Must be able to submerge head

Practice Calendar:

- #1 – March 5th – March 26th
- #2 – April 2nd -- April 30th (April 16/ no club)
- #3 – May 7th – May 28th

Weekly Practice Schedule:

Sunday—Developmental / Age Group
3:00pm-4:00pm

Cost Per Month:

1 practice per week

Member

\$ 50

Non-Member

\$ 75

- **Payment is due in advance, no later than the first practice of each month. Payment is non-refundable.**
- Payment and registration is done at the welcome desk.
- Club fees cannot be pro-rated.
- No make-up practices for missed practices.
- Families with 3 or more swimmers will receive 10% off the total fee.
- Must have Coach's approval to switch practice days.

INCLEMENT WEATHER POLICY

Please note that we do close our pools due to inclement weather conditions. However, practice sessions are not always cancelled, dry-land workouts may be conducted as a replacement. We ask that you do show up for your regularly scheduled practice.

CANCELTION/RESCHEDULING POLICY

Make-up practices will be scheduled only due to extreme circumstances and/or by the discretion of the Aquatic Manager.

Any questions please contact Edythe West (ewest@amfamfit.com) or call (804) 520-7000