



Fredericksburg 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 2nd – 28th
- #2 – April 2nd – 30th
- #3 – May 2nd – 28th

Weekly Practice Schedule:

Sunday —Developmental	3:00—4:00p
Age Group	4:00—5:00p
Tuesday — Thursday	
Developmental	6:00—7:00p
Age Group	7:00—8:00p

* A minimum of three swimmers is required in order to have a specific day and time set.

Cost Per Month:	Member
1 practice per week	\$ 50
2 practices per week	\$ 90
3 practices per week	\$130

- **Payment is due in advance, by the 25th of the month prior to start practice 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.