



# Mechanicsville 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 – January 16<sup>th</sup> – February 8<sup>th</sup>
- #2 – February 13<sup>th</sup> – March 8<sup>th</sup>
- #3 – March 13<sup>th</sup> – April 5<sup>th</sup>
- #4 – April 17<sup>th</sup> – May 10<sup>th</sup>

## Weekly Practice Schedule:

### Monday—Wednesday

Developmental/Age Group 5:30—6:30p

### Cost Per Month:

- 1 practice per week
- 2 practices per week

### Member

- \$ 50
- \$ 75

### Non-Member

- \$ 75
- \$125

- **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 Kristan DeLancy (kdelancy@amfamfit.com) or call the Welcome Desk at 804-569-1600.