

PRO

Swimming

Ages 7-18
Members only

Children receive technique and endurance training at a level appropriate to their age and skill. The swim season is 10 months long, starting in mid-September and ending in July. Swimmers are welcome to join the team at any time during the season, space permitting.

2009-2010 Season

SCHEDULE

Event	Dates	Time	Notes
Tryouts	First Friday of each month	3-4 p.m.	By appointment only.

- **PREREQUISITES:** Varied by group. For the white group children must be able to swim a length (50 yards) of crawlstroke, backstroke, and breaststroke.
- **TEAMS:** The swim team is divided into seven different teams based on age and ability level. The fees and swim schedule are determined by the abilities of the workout group. The beginning group (White) practices twice a week for 30 minutes. The advanced workout group (Senior) may swim up to six days a week, Monday through Saturday. Swim team meets Monday through Friday between 4 p.m. and 8 p.m.
- **MEETS:** Our goal is to participate in a swim meet once every four to six weeks with other children from local swim teams.

Tryouts are required to determine the appropriate workout group.

Schedule a tryout or for more information, contact:

Kelsey Booth, Swim Team Coordinator at (425) 869-4757, ext. 7400 or kbooth@proclub.com

