

Members Only, Ages 7-18 Years

AQUATICS



September 2011-July 2012

PRO

Swimming



Each fall, PRO Swimming invites all swimmers ages 7-18 who have successfully participated in a Pre-Competitive swim program, to join our USA Swimming, year-round swim team. Our supportive, team-based environment helps kids develop strong bodies, strong minds, and long-lasting friendships. Practices take place Monday-Saturday depending on the swimmer's age and ability. Our training season starts in September and the team competes from October-July in local, regional, and national meets as part of Pacific Northwest Swimming (PNS).

New swimmers are welcome to schedule a tryout up until mid-season provided they have successfully completed the PRO Sports Club Aquatic Center's Pre-Competitive swim lesson program. Tryouts are held the first Friday of each month from 3-4 p.m. by appointment only. After successful completion of the tryout, swimmers are placed into an appropriate training group and will be added to the team based on space availability.

PREREQUISITES: Vary by group. For the White group, children must be able to swim a length (50 yards) of crawl stroke, backstroke, and breaststroke.

TRAINING: The swim group is divided into seven different groups 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-Saturday. Practices take place Monday-Friday between 4 p.m. and 8 p.m.

MEETS: Our goal is to participate in a swim meet once every 4-6 weeks with other children from local swim teams.

Tryouts are required to determine the appropriate workout group. To schedule a tryout or for more information, contact: Kelsey Booth, Swim Team Coordinator at kbooth@proclub.com.

PRO
Sports Club

Updated: 11/11/2011