

SPRING LAKE SWIM TEAM

Participants will train with other swimmers in their age bracket under the guidance of swim coaches. Training will involve endurance training and stroke drills. The team will also compete in swim meets against other local swim clubs. All swimmers must be able to swim at least 1 lap of freestyle and backstroke without stopping. Should your child not show proficiency during try outs he or she can register for the Competitive Stroke class. **Registration cut off date is June 20.**

Cost:

Residents - \$110

Non-residents - \$210

TRY OUTS for new swimmers - North End Pool on Saturday, June 17

10:00 -11:00 am

TRY OUTS MAKE UP DATE: North End Pool on Monday, June 19

6:00 – 7:00 pm

Team practice starts June 21

No practice July 4

6 and under 6-6:30

7/8 6:00-6:45

9 and up practice 6:30-7:30