

# USAM SPRING 2019

All Training is held at Emma Willard Pool. Contact [headcoach@unclesamswimteam.com](mailto:headcoach@unclesamswimteam.com) for more information.

**STARST WEEK OF APRIL 1.**

## **SPRING TRAINING PROGRAM**

- 3 Days of training
- Mon/Wed/Friday 630-8 pm
- Focus on Training leading to several meets during the 10 week period. (9 weeks of training – 1 week off April)
- Cost: \$350
- Discount offered if you bundle T/Th.

## **Spring Pre-Competitive Program**

- Tuesday/Thursday (6-715pm)
- Stroke Development (all ages)
- 9 Weeks (10 week long – with 1 week off in April).
- \$250
- Discount offered if you bundle M/W/F.

- Strength and Conditioning
  - 3 days of training
  - 545-630 pm (M/W/Fri)
  - Cost: \$ 75



## **SUPER SATURDAY**

- 5 weeks - 9 am – 12 pm
- Specific Dates: TBD
- Cost: \$200

## **Lesson Option**

- Private/Semi-Private/Group available:
    - Mon/Wed/Fri 6-630
    - Tue/Thur 715pm-8pm
  - Private \$20/Semi \$15 each/Group \$10 each
- This can change based on overall sign ups of other options above. Price varies.

## **Master Swimming (18 and over)**

- Monday-Friday (6-8pm)
  - Coach written workout about 60 minutes, coach available for questions as well.
  - Cost: \$55 every 5 weeks
- Will require US Master Registration.**