

USAM SUMMER SWIM TEAM

Dates: June 11-August 2



USAM is a local swim club that has been around for over 50 years, offering competitive swimming opportunities to residents in Rensselaer County. We offer Fall, Spring and Summer Programs.

Our Summer Swim League is looking for new swimmers to join our program. Age 5 and over, and should be able to swim 1 length of the pool. We can assess your child and let you know what options we have.

All groups will train together, with 8 and unders having a dedicated coach and will only swim for 1 hour.

Practice Schedule: Tue/Wed/Thur 6-730 pm (Unless we have a meet)

Cost: Full 8 weeks \$350 Half (June 10-July 5) \$200

Tenative Meet Dates: (ALL MEETS ARE HOME, Parent Assistants is expected.)

June 27 (Thur), July 2 (Tues), July 9(Tues), July 16 (Tues)

Championships at Shen Aquatic Center in Clifton Park - August 1,2

Emma Willard Pool, 285 Pawling Ave, Troy, NY 12180

E-Mail: headcoach@unclesamswimteam.com

Phone: 518-286-3678 (ask for Rob)

WWW.UNCLESAMSWIMTEAM.COM

****First 8 NEW USAM TEAM MEMBERS WILL RECEIVE A USAM TOWEL FREE.****

We Want You To Swim With USam!