



Spring 2022

Dates: April 25- June 18 (8 weeks - 104hours)

Location: Troy Boys and Girl Club – 6th Ave Entrance

Cost: (13 hrs a week - 8 weeks)

- ALL IN – Mon-Sat – 10 SPOTS \$600 – (13 HRS A WEEK - \$5.77 AN HOUR POOL AND GROUP PRACTICE) •
- Mon/Wed/Sat – 10 SPOTS \$400– (7 HRS A WEEK - \$7.15 AN HOUR POOL AND GROUP PRACTICE) •
- Tue/Thur/Sat – 10 SPOTS \$400 – (7 HRS A WEEK - \$7.15 AN HOUR POOL AND GROUP PRACTICE) •
- Discount for 10 and under not swimming entire 2 hours. (\$50 off).

Schedule:

- Mon/Wednesday 4:30-6pm (30 Dry-land vs Talks)
- Tue/Thur/Fri 5:30 pm-7:30 pm
- Sat 9am -12 pm

Group Structure:

- All Groups are in at the same time. Ability level can extend length of training time for each person.
 - 10 and under – 1:15 hour unless your previous group was over that (you would stay for 90 minutes.)
 - 11 and over – 2 hours (will have some transition and teaching time so it will not be all swimming, but we could have days of just swimming as well.) Building in additional time for instruction

MEETS: TBD – Looking at Meets in Metro, New England and Niagara Regions along with local meets if applicable.

All new swimmers will need a proof of age (Passport/Birth Certificate for Registration/Insurance) - \$100 annual Registration fee. (Covers cost of USA Insurance/Registration). (Transfers from other programs \$30 fee if already registered for season and are strictly a transfer.)

