

USAM Spring 2024

Start Date: Monday, April 8, 2024

Time: 5:30 pm-7 pm – Monday- Friday, Saturday 9-10:30 am.

Location: Troy Boys and Girls Club, 1700 7th Ave, Troy, NY 12180 (USE BACK ENTRANCE ON 6th Ave, inside fenced area.)

We will have multiple coaches on deck and swimmers will be put in lane based on ability level. This is more of a technical training session time so we will be focus on technique and training about 50/50. Younger swimmers may get out at 75 minute mark initially and will work on continuing till 90 minute mark based on need.

3 Great Options Available: (limited spots sign up now)

1. 2 days a week (days can change weekly throughout program) - \$475
2. 4 days a week (days can change weekly throughout program) - \$630
3. ALL IN (6 days a week (Mon-Fri, Sat 9-10:30)) - \$840

Private Lesson Option (1,3,10 lesson bundles) 30 minutes

- a. 5-5:30, 7-8pm most nights, Saturday 10:30-12.

Additional Private coaching lessons are available before from 5 to 5:30 pm, and after practice at 7 pm if interested.

We do plan on attending a meet or 2 during the season. Meet fees and coaches fees will be applied to those attending meets and may require travel outside the area, but is not required.

Any questions please feel free to email me directly at headcoach@unclesamswimteam.com

Please sign up via signup genius link. If you would like an evaluation please reach out to Rob MacLeod to discuss options.

We look forward to seeing you all at the pool soon. ~ USAM Coaching Staff