



Dates: April 21 - June 28 (10 weeks)
 Location: Troy Boys and Girls Club, 6th Ave Entrance, Troy, NY 12180 (Near Playground.)

- Monday - Friday: 5:30 PM - 7:00 PM
- Saturday: 9:00 AM - 11:00 AM

All groups swim together!



TRAIN. COMPETE. IMPROVE

- FLEXIBLE TRAINING OPTIONS: 1, 2, 4, OR 6 DAYS PER WEEK!
 - 1 DAY A WEEK - CAN ONLY ATTEND 1X A WEEK NO EXCEPTIONS \$325
 - 2 DAYS A WEEK (DAYS CAN CHANGE WEEKLY THROUGHOUT PROGRAM) - \$475
 - 4 DAYS A WEEK (DAYS CAN CHANGE WEEKLY THROUGHOUT PROGRAM) - \$630
 - ALL IN (6 DAYS A WEEK (MON-FRI, SAT 9-11)) - \$840
- EXTRA PRACTICE OPPORTUNITIES: (2, 4 AND 6 DAY A WEEK OPTION.) (\$150 PER PERSON.)
 - TUESDAY & THURSDAY: 7:00 PM - 8:00 PM (COMBINATION OF SWIM AND DRY-LAND.)
 - SATURDAY & SUNDAY: 11:00 AM - 12:00 PM (ONLY 3 SELECT SATURDAYS - TBD)
- SPRING SWIM MEETS - AVAILABLE BUT NOT REQUIRED
- PERFECT FOR SWIMMERS LOOKING TO IMPROVE TECHNIQUE, ENDURANCE, AND RACE PERFORMANCE.



Sign Up Today



headcoach@unclesamswimteam.com

<http://www.unclesamswimteam.com>

JOIN A COMPETITIVE, YET SUPPORTIVE SWIM COMMUNITY!
 FOLLOW US ON @UNCLESAMSWIMTEAM FOR UPDATES!