

USAM!!

SPRING INTO ACTION

Begin April 13 - June 13 (9 weeks)

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

**Monday-Friday 5:30 pm-7 pm,
Saturday 9-10:30 am**

Multiple Coaches on deck and swimmers will be assigned to lanes based on ability. 10 and under swimmers may initially only practice 75 minutes and work up to 90 minutes. We are looking to attend a few meets or Block Party Meets at our Pool this Spring.

Sign up via Google Link.

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



SPRING 2026

- 4 Options:
 - 1 day - \$270
 - 2 days - \$480 (Tue/Thur)
 - 4 days - \$650 (choose 3 days of week and Saturday)
 - All in - \$840 (Monday-Saturday)

