



Recreational Swim Team Program “Development Team”

This is a very flexible program that helps swimmers of all ages & abilities. This program includes training sessions for swimmers as young as 6 years old on up in all four strokes through to competitive swimmers (of all ages) looking to enhance their training but are unable to commit to Swim Team programs. This program emphasizes sportsmanship, the four swim strokes, skill progressions, swim training technology & terminology, strength training, starts, turns, finishes, goal setting, and racing strategies as well as leadership.

Qualifications for the program:

- *Must be able to swim one length of the pool,
- *Young swimmers must be comfortable in the water (without parent present for your swimmers)
- *Must wear goggles

Dates:

Session: Sept. 1st-Oct. 9th

Practice Days: Monday, Tuesday, Wednesday, Thursday

No practice Mon. 8/31, 9/7

Practice Time: 5-6pm

Cost: \$150 plus \$15 registration fee each child

Location: Avon Recreation Center

Dates:

Session: Oct. 26th-Dec. 4th

Practice Days: Monday, Tuesday, Wednesday, Thursday

Practice Time: 5-6pm

Cost: \$160 plus \$15 registration fee each child

Location: Avon Recreation Center

Swim Meets:

Fall Meet: TBD

Extra fee for the swim meets

**To register please email or call Vail Swim School
970-390-3068, info@vailswimschool.com, www.vailswimschool.com**

Avon Recreation Center
90 Lake Street



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