

# Pine Crest Swimming

## Competitive Swimming Programming

*Youth Training • Age Group Training • Open to the Public*

We invite everyone to be a part of a great tradition. Regardless of whether your child has no experience in the water, or is developing their strokes, Pine Crest Swimming has a place for them.

**WE DO NOT PRO RATE ANY MONTH.**



### PINE CREST SWIMMING

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### Competitive Swimming Programs

\*Group placement and advancement is solely at the discretion of Pine Crest's Instructors\*

**SENIOR GROUP**—Training focuses on state, regional, and national competition for high school aged swimmers.

**School Year Schedule:** M-F from 4:30 to 6:30 plus Sat. (time varies). **Morning Workouts** at coaches' discretion . **Cost:** \$115 per month plus \$80 in yearly registration fees.

**AGE GROUPS**—More advanced groups that continue stroke and technique development along with fitness development. Swimmers are encouraged to attend meets. Group assignments are made based on experience and ability.

**School Year Schedule:** M-F from 4:30 to 6:00 (White Group) or 4:30 to 6:30 plus Sat. (Green Group only). **Cost:** \$90 per month plus \$80 in yearly registration fees.

**NOVICE GROUP:** Open to ages 6 and older. This group introduces swimmers to competitive swimming in a fun, active environment. Students focus primarily on learning their strokes and technique in preparation for their first competitive swim meets.

**School Year Schedule:** Practices available Monday through Thursday. From 3:30 to 4:20 **Cost:** \$80 per month plus \$80 in yearly registration fees.



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\*Novice, Age Group, & Senior groups pay a \$80 yearly registration fee, which includes the yearly \$55 USS registration fee and \$25 club fee.