

# Pine Crest Swimming

## Competitive Swimming Programming

*Youth Training • Age Group Training • Senior 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**— Advanced training for experienced swimmers aged 14 and older . Training focuses on competing and achieving at the national level.

**School Year Schedule:** Monday to Friday afternoons from 4:00 p.m. to 6:00 p.m.; Saturday morning (time varies); Monday, Wednesday and Friday mornings either 5:00-6:30 or 6:15 to 7:45. 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 4:00 to 5:30 (White Group) or 4:00 to 6:00 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. Cost: \$80 per month.



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