



SWIMGYM SWIM TEAM

SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT
7:00 - 9:00 AM						BEACH
2:30 - 4:30 PM					YOUNG TEAM**	
4:30 - 5:30 PM	PRETEAM B	PRETEAM B	PRETEAM B	PRETEAM B		
	PRE TEAM A	PRE TEAM A	PRE TEAM A	PRE TEAM A		
5:00 - 5:30 PM	DRYLAND					
5:30 - 7:00 PM	YOUNG TEAM	YOUNG TEAM	YOUNG TEAM	YOUNG TEAM		

** Any time there is **NO SCHOOL on Friday** follow the calendar for the times

*** Any time there is **Teacher Planing Day** follow the calendar for the days and times

PRICES

SWIM TEAM

	MEMBERS	GUESTS
2 x times a week	\$100.00	\$110.00
3-4 x times a week	\$120.00	\$130.00
USA swimming	\$70.00	Yearly

Monthly

ADULT FITNESS

	MEMBERS	GUESTS
2 x times a week	\$45.00	\$65.00
3-4 x times a week	\$65.00	\$85.00
1 time try out	\$12.50	\$15.00

In the swimgym swim team you can learn:

Swimming skills for the 4 competitive styles, training with pace clock, water polo basics and open water, Racing dives for the 4 competitive styles and 7 legal turns for racing styles.

Become an overall better swimmer; within a year.

By the end of this class you will be able to swim at least 500 yards of freestyle with correct turns.

Opportunity to compete with other teams in USA Swimming Florida Gold Coast

The best developmental swim program to prepare you to race!

Like swim gym on Facebook or follow us on Twitter for updates or changes.

Thank you for allowing us to be part of your Aquatic Education.

PLEASE LET US KNOW HOW WE CAN SERVE YOU BETTER

If you have any questions or concerns, you can reach us at the following:

Office: (305) 271-9000x.287. Email: swimgym@swimgym.net. Web: www.swimgym.net.