

GET IN THE SWIM AND JOIN THE HURRICANES FOR THE SUMMER!!

Join the Hurricanes Swim Team for the Summer! We offer practice groups for three levels of swimmers, and can find the right group to fit your swimmer's level of ability. All practices will be held at the Wulf Recreation Center.

Dates: May 19 – August 1, 2008

Fees: The fees for a swimmer joining for the summer season (May 19-Aug 1) include a seasonal membership in USA Swimming. If your swimmer would like to participate in swim meets, she/he will need to purchase a team suit and cap, and will also be charged entry fees for each meet she/he attends.

Category One: \$200

Category Two: \$225

Category Three: \$275

Practice Groups:

Category One: Five practices a week are offered, Monday through Friday, 4:00-4:45pm
This group is for kids aged 5 – 11, and will provide a solid foundation for entry-level swimmers, who are able to swim 25 yards of two of the four competitive strokes, and use free breathing to the side.

Category Two: Five practices a week are offered, Monday through Friday, 4:00–5:15pm
This group is for swimmers aged 9-14 who have consistency in all four strokes and a desire to work to improve. They devote 50% of their training sessions to conditioning and the remaining practice time toward maintenance of stroke techniques and turns.

Category Three: Six practices a week are offered, Monday –Friday 5:15-7:30pm, and Saturday mornings from 6:30-8:30am
This group is designed for those swimmers ages 11- 18 who are making the transition from age group to senior level swimming. These are our most competitive swimmers. Six practices a week are offered.