

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. Summer practice times begin on June 1; from May 17 – June 1 current practice times apply.

Dates: May 17 – July 30, 2010

Fees: The fees for a swimmer joining for the summer season (May 17-July 30) 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:

All practices are held at the Wulf Recreation Center. Categories Two and Three will also have dryland training in addition to pool time. The dryland schedule will be posted asap.

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.