

Fountaingrove



SWIM TEAM

**Join now for the
2017 - 2018 season!**

Registered with USA Swimming and Pacific Swimming, our year-round program is for athletes ages 5 - 18 who really enjoy the water and are interested in getting a swim team experience. Swimmers are split into different groups based on age, focusing on fundamental stroke technique and endurance. All swimmers are encouraged to come to every practice and are encouraged to compete in meets throughout the year.

It is recommended that swimmers be able to swim (freestyle and backstroke) unassisted for 25 yards.

**New and previous team members
get a free trial period.**



**June - August
Practice Schedule:**

Monday - Thursday

**8 years old & Under:
5:00 pm - 5:30 pm**

**9 - 11 years old:
5:30 pm - 6:30 pm**

**12 years old & Up:
5:00 pm - 5:30 pm**

**For more information
please contact:**

Coach

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