



STONEGATE SWIM TEAM

SWIM TEAM FOR BOYS AND GIRLS AGES 5 - 12

IN PARTNERSHIP WITH STONEGATE

MAY, JUNE, JULY & AUGUST

What is Stonegate Swim Team?

Stonegate swim team is a competitive swim team that helps build stroke development, strength, and endurance, in a structured but fun and rewarding environment. Your child will learn the dynamics of competing by attending training sessions and recreational swim meets with other neighborhood teams.

Initial Test

Any interested participant will be given a short swim test to make sure their abilities are appropriate for the swim team. Based on ability and age, your child will be placed into a particular group depending on ability. For the younger more beginner group, the emphasis will mainly be on stroke development. For children who have a good development of all four strokes, their main focus will include endurance.

Program Features

- Twice weekly training sessions (forty five minutes per session)
- May, June, July and August training sessions and swim meets
- Tuesday and Thursday schedule (There are no make ups due to inclement weather or missed sessions)
- Professional instruction - Little Fins Swim Instructors
- May 8th all swimmers should attend at 6pm for an introductory meeting and swim test
- Swim meets are scheduled on Saturdays based on team and availability of other Clubs (approximately two per month)

Available Trainings

Swim Team I: Tuesday and Thursday 6-6.45pm

Swim Team I is designed for swimmers 5 - 8 years old. During each 45 minute training, coaches will focus on the refinement of each swimmer's front stroke, as well as the continued development of the other three strokes (backstroke, breast stroke, and butterfly). The goal of each training session will be to focus on stroke development through expanding each swimmer's technique and ability and endurance for each stroke.

Swim Team II: Tuesday and Thursday 6.45-7.30pm

Swim Team II is designed for swimmers 9 - 14 years old. During each 45 minute training session, coaches will focus on the refinement of technique for each of the four strokes (backstroke, breast stroke, butterfly, and front stroke). Endurance is also a primary focus for each training session. The goal of each training session will be to build endurance while working on the individual development and stroke technique of each swimmer.



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Register On-Line Today!

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