

Payment Information

- Tuition and fees are non-refundable and there are no reimbursements for missed classes.
- There is a \$40 annual registration fee for all swim and gymnastics programs. This fee covers September through the following August and is not applicable if already paid through gymnastics.
- A credit card, debit card, or bank account will be kept on file and automatically charged for tuition and meet fees on the 1st of each month.
- Swim team is a commitment from the initial sign up through the end of the regular season. A withdrawal fee will be assessed if the member withdraws from team before the end of regular season.
- A service charge of \$25 will be applied to account for any check returned NSF.

Meet Fees

There will be a modest additional fee for recreational and USA swim meets.

Silver Fins Competition Suits

The team competitive suits will be ordered in fall. Price is to be determined.

USA Swimming

All team levels are eligible to register and compete under USA Swimming. USA Swim charges a fee to register as swimmer. Contact Lisa for details.

The Mission of our team is to develop the maximum potential of our swimmers and promote an interest in competitive swimming. We encourage good sportsmanship, enjoyment, individual integrity, self-discipline and team play.

Our Team Goals are to:

- Improve swimmer's skills
- Encourage and develop teamwork
- Enable swimmers to accomplish their goals
- Develop good sportsmanship
- And, most importantly, to have fun while developing a LOVE for swimming.



EVERGREEN AQUATICS SWIM TEAM



2023-2024 SEASON

September - April

**To Register Call
603-838-6511
or e-mail**

evergreenswimmers@gmail.com

SWIM TEAM

Silver Fin's Swim team is for swimmers who want to learn about swimming as a sport. Swimmers have the opportunity to compete in Swim Meets, but are not required to do so. Each practice will consist of a warm up period on deck, along with stroke techniques in the water, and cardiovascular sets to improve their overall swimming fitness.

Swim team has 4 practice groups based on a combination of ability, age, maturity level, work ethic, and enrollment. Students typically stay in each level 2-3 years. Advancement is contingent on coaches approval; swimmers can advance anytime. Remaining in the same level does not mean a swimmer is not improving. Students are placed in a level that works best for their swimming development.

Monthly Rates

	45 min	60 min	105 min
1x/week	\$79/mo	\$89/mo	n/a
2x/week	\$109/mo	\$129/mo	\$179/mo
3x/week	\$139/mo	\$159/mo	\$219/mo

Season Payment Schedule

The season is seven months long. The card on file will be charged automatically on the 1st of each month with the final payment being 3/1.

Post Season

To continue after the regular season has concluded, swim team can sign up for the lifeguard endurance training offered in April.

Mini Fin's Team (Ages 4 & up) is for swimmers who are comfortable in the lap pool. Mini Fin's must be able to put their face in the water, jump in water over their head, and swim 15 feet on belly or back. A swimmers' maturity in following directions, listening, and focusing on the coach's instruction is crucial for success. They can follow directions in a group setting and keep their heads above the water during coach's instructions. **(Optional Pool Membership \$15/month)**

White Team (Ages 6 & up) is for swimmers who can comfortably jump or dive into the pool, continuously swim 2 lengths (1 length Front Crawl/Freestyle, 1 length Backstroke) and tread water for 30 seconds. White team concentrates on the basic skills of competitive swimming; including: starts & diving, open turns and flip turns, and racing finishes. They will also work on stroke development for freestyle, backstroke, breaststroke, and butterfly. **(Optional Pool Membership \$15/month)**

Blue Team (Ages 9 & up) concentrates on mastering the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. As well as starts, turns, and finishes for all strokes. Blue Team will also work on Individual Medley start and stroke transitions/turns. Blue Team is for swimmers who can dive & swim in all the competitive strokes (freestyle 50m, backstroke 50m and attempt the breaststroke and butterfly for 25m). **(Pool Membership included)**

Silver Team (Ages 11 & up) members have mastered the four competitive strokes. Swimmers can dive & swim all the competitive strokes with ease (minimum distance for freestyle and backstroke is 200m and minimum distance for breaststroke and butterfly is 50m). They will focus on increasing endurance and fine tuning their strokes to be USA Swimming legal in meets. **(Pool Membership included)**

	1x/wk option	2nd day option	
	Tuesday	Thursday	Saturday
Mini Fin's (45 min)	3:30PM	N/A	11:15AM

	1x/wk option	Coaches Invite Only	2nd day option
	Tuesday	Thursday	Saturday
White Team (45 min)	4:15PM	4:30PM	10:15AM

	1x/wk option	Coaches Invite Only	2nd day option
	Tuesday	Thursday	Saturday
Blue Team (60 min)	5:00PM	4:30PM	9:15AM
Silver Team (105 min)	5:00PM	5:15PM	9:00AM

Please note we will not be holding practice during these vacation weeks.

Thanksgiving - Nov 21 – Nov 27

Winter Break - Dec 19 - Jan 1

February Break - Feb 20 - Mar 26