



1115 S. Lafayette Drive ~ Sumter, SC ~ 29150
 www.facebook.com/AquaticsCenter
 803-774-3998
 www.sumterswim.com



SUMTERSWIM.COM

January 1 - May 3
Swim Team Registration
 8:30am-5:00pm

MAY 3-DEADLINE
 (Mon-Fri)

May 6 - June 7
Practice
 6:00pm - 7:00pm
 (Mon-Fri)

May TBA
Stroke & Turn Training
 10:00am (FREE TRAINING)

May 25 Opening day!
 11:00am - 6:00pm

June 11-July 19
Swim Team practice
 7:00am - 8:30am
 (Tues - Thurs)

SWIM TEAM

Ages 6 to 18

Beginner Level:

Must be able to swim one length of Pool (25 yards).

- Warm up consists of dryland exercises, including light exercises, aerobics and stretches. About 15 min.
- Will be taught Strokes: Free Style, Back Stroke, Breast Stroke, and Butterfly.
- Will be taught how to do a relay, individual medley and Medley Relay.
- Will be taught about team work, as well as competing against ones self.
- Will be taught how to read and use a pace clock
- Will be taught how to do the starts and turns for each stroke.
- Will be taught about Streamlining, Rotary breathing Flutter Kick, Dolphin kick, Breast Stroke Kick, Different Drills to improve stroke technique and speed.
- Will be taught how to read workouts and be able to swim 1000 yards each practice day.
- Will move up to the advanced level when they can swim 200 yards of at least 3 strokes and have learned the information taught in the beginner level.
- Swimmer is expected to enter All (B) Meets and various (A) Meets (based on skill progression) and Swim in the City Meet.

Advanced Level:

Must be able to swim at least 200 yards of Free Style, Back Stroke, Breast Stroke, and 50 yards of Butterfly Strokes. Swimmer to be able to complete a 200 yard individual Medley.

- Dryland work consists of exercises, light aerobics and stretches.
- Will be expected to do drills to improve Times, Streamline Strokes, Technique and Endurance
- Will be expected to read a workout and know the Terminology, Sprint, Swim at Race Pace, High Elbow, etc...
- Will be expected to perfect Starts and Turns.
- Will be taught about Disqualifications and Rules for Swim Meets.
- Will be expected to Swim at least 2500 yards at each practice.
- Will be expected to enter ALL (A) Meets and if needed for time, swimmers will enter various (B) Meets.

May 6 – July 19

Season: \$60 \$48 Government Rate