

SCHEDULE

		MONDAY - THURSDAY		FRIDAY
	LEGENDS	3:30 - 5:00 PM		3:30 - 5:00 PM
	CYCLONES	5:00 - 5:30 PM (MON & WED ONLY)		
HURRICANES	GROUP 1	5:00 - 5:35 PM		4:00 - 4:45 PM
	GROUP 2	5:35 - 6:15 PM		4:00 - 4:45 PM
	GROUP 3	6:15 - 7:15 PM		4:45 - 5:45 PM

PRICE OPTIONS

THE MORE YOU ATTEND THE MORE YOU SAVE (AND THE MORE YOUR CHILD WILL IMPROVE).

1 DAY/WEEK	2 DAYS/WEEK	3 DAYS/WEEK	4 DAYS/WEEK	5+ DAYS/WEEK
\$60	\$90	\$120	\$135	\$145
<p>Sign up for multiple months and pay all at once or sign up by the start of each month. Payment is required by the 15th of each month. Late payment will result in a \$15 penalty fee and will be processed automatically. Current month's registration will be added to your account based on attendance.</p>				

PROGRAM DESCRIPTIONS:

LEGENDS – A USA swimming team built in conjunction with other SLSL members to offer a strong competitive swim program beyond recreational swimming.

•USA swimming registration and qualification required.
 Contact Mark Shveyd for more information on Legends;
 mshveyd@slcjcc.org

CYCLONES (2 Days/Week) – A pre-competition swim group. Children must be comfortable in the water by themselves. Classes will focus on proper competitive techniques in preparation for swim team. (Cyclones at 12 PM will run in sessions with SDS; see SDS flyer for additional information).

HURRICANES – A recreational swim team focused on specific techniques to improve swimming efficiency, strength, speed, and endurance for each stroke. Competitions are encouraged, but not required. Children should be comfortable swimming the length of the pool by themselves.

PROGRAM INFORMATION:

Groups will be recommended by coaches to best match each child's ability.

Selected amount of workout days are per week and do not roll over to the following month.

Contact: Mark Sheveyd at mshveyd@slcjcc.org

SWIM WORKOUT COACHES:

Mark Shveyd and Liz Thompson

USA swimming / ASCA certified

REGISTER ONLINE:

WWW.SLCJCC.ORG