



# Active Wellness Center at Reed's Crossing

## Aquatics Programs

### Active's Rec Swim Team

**For ages 4 - 17 years**

MEMBERS: \$150

NON-MEMBERS: \$180

#### Practice Dates and Times

- ❖ **April - May**                      **Saturdays & Sundays**                      **1pm - 1:45 PM**  
4/6, 4/7, 4/13, 4/14, 4/20, 4/21, 4/27, 4/28, 5/4, 5/5, 5/11, 5/12, 5/18, 5/19, 5/25, 5/26, 6/1, 6/2
- ❖ **June - July**                      **Mondays, Wednesdays & Fridays**                      **3pm - 3:45pm**  
6/3, 6/5, 6/7, 6/10, 6/12, 6/14, 6/17, 6/19, 6/21, 6/24, 4/26, 6/28, 7/1, 7/3, 7/5, 7/7, 7/10, 7/12
- ❖ **July - August**                      **Mondays, Wednesdays & Fridays**                      **3pm - 3:45pm**  
7/15, 7/17, 7/19, 7/22, 7/24, 7/26, 7/29, 7/31, 8/2, 8/5, 8/7, 8/9, 8/12, 8/14, 8/16, 8/19, 8/21, 8/23

#### More Details:

All Active Rec Swim Team participants must meet the following criteria to be eligible for this program:

1. Participants must be between the ages of 4 and 17 years old.
2. Participants must be able to swim 25 yards front crawl, 25 yards back crawl. For the safety and enjoyment level of the participant, skill level of all swimmers will be evaluated by coaches.
3. Evaluations are available by appointment before the beginning of the season.
4. All swimmers are strongly encouraged to participate in all team events and team meets, however event and meets participation is not required.

#### Practice Information

Practices are held Once/three days per week. The practices are one hour in length. Our coaches work to make each workout skill and age-appropriate to the swimmer.

A typical practice includes:

1. Stroke technique and drills
2. Continuous swimming for endurance
3. Kickboard drills
4. Fun activities designed to teach skills.



# Active Wellness Center at Reed's Crossing Recreational Swim Team

## Registration and Payment

Must pay in advance for each session.

MEMBERS: Pay and register on the Active Wellness App or through the service desk

NON-MEMBERS: Pay and register at our service desk