



Coached/Competitive Swim Programs (May - Aug 2019)

How Do I Register? (a) On-line (b) Call 303-791-2500 (c) Any Rec Center Questions? 303-471-8942 or rachel.lyon@hrcaonline.org

Youth Coached/Pre-Competitive Swim Programs

When are Sessions? 1= 04/27-05/18 2= 06/01-06/22 3= 06/29-07/20 4= 07/27-08/17

	Day	Time	Eastridge
SEAHAWKS INTRO (Ages 6-14) \$70/\$80 To enroll must swim 25 yard freestyle with side breathing and 25 yard backstroke. Both must be done comfortably, without stopping. Must have endurance for a 1-hour long swim practice. Tested 1 st day.	Sa	12:30 - 1:30 p.m.	

When Are Sessions? Seahawks Juniors 1= 06/03-06/27 2= 07/08-08/01 Seahawks Juniors, Seniors, Elite 3= 08/05-08/30

	Day	Time	Location
SEAHAWKS JUNIORS (Ages 6-14) To enroll must be able to swim 50 yards backstroke & freestyle with correct side breathing comfortably without stopping. Must have experience with starts and turns, lane etiquette and circle swimming. Tested on first day. Focus is on stroke technique and development. Session 1 & 2 \$125/\$145 Session 3 \$108/\$130	M,W,Th T,TH	6:30 - 7:30 p.m. 4:45 - 5:45 p.m.	(Westridge)
SEAHAWKS SENIORS (Ages 10-18) To enroll must be able to swim all 4 strokes legally (by USA Swimming guidelines). Must be able to swim 100 yard backstroke & freestyle with correct side breathing, and 100 yards IM. Must know legal turns and block starts. Tested on first day. Focus is on conditioning, technique, and endurance. Session 3 \$108/\$130	T,TH	5:45 - 6:45 p.m.	(Westridge)
SEAHAWKS ELITES (Ages 12-18) To enroll must swim all 4 strokes legally (by USA swimming guidelines). Must know legal turns and block starts. Must be able to complete 10x100's freestyle on a 1:50 interval or faster. Tested on first day. Focus is on building race technique, conditioning, and prep for competition. Session 3 \$139/\$161	M,W,F	4:00 - 5:30 p.m.	(Westridge)
STARTS & TURNS CLINICS (Ages 6-18) \$60/\$67 For swimmers seeking extra help diving from the block, freestyle and backstroke flip turns, and open turns/transitions. Must be able to swim 50 yard freestyle with side breathing and 50 yard backstroke.	Su 05/04 Su 06/30	11:00 a.m. - 12:30 p.m. 11:00 a.m. - 12:30 p.m.	
SEAHAWKS SUMMER SWIM PREP CAMP (Ages 6-18) \$140/\$153 This week long camp will have swimmers getting ready for Summer Swim. M,W,F Swimmers will swim a typical one hour swim team practice. Tu/Th Swimmers will be on deck learning dry land exercises that are swimming specific and will help improve strength and speed.	M-F 05/06-05/10	6:00 - 7:00 p.m.	(Northridge)
SEAHAWKS SUMMER SWIM TEAM (Ages 6-18) \$315/\$370 To enroll must be able to swim 50 yard freestyle with correct side breathing and 50 yard backstroke comfortably without stopping. Must have experience with flip turns. Teams compete from May-July. Team max set to 300 swimmers. New swimmer try-out mandatory*. Parent volunteering is required. New Swimmers actively participating in Seahawks Juniors or higher are exempt from try-outs.			Parent Info Meetings-Southridge W 3/27 or Th 3/28 6:00 - 8:00 p.m. Returning Swimmer Registration Opens Sa 3/30 New Swimmer Tryout/Registration Gear Fitting/Parent Volunteer Sign-up Sa 4/13 8:00 am - Noon (Northridge)

Adult Coached Swim Programs

HRCAs Adult Coached & Competitive swimming offers choices for all skill levels from basic lap swimming to competitive levels. Participants may drop-in or purchase an **Adult Swim Program Pass which is valid for six months from date of purchase.**

When are programs? 1= May 2= June 3= July 4= August **No Classes 05/27, 07/04, 08/05-08/09**

Adult Swim Passes: 10 Visit - \$68/\$79 20 Visit - \$121/\$137 30 Visit - \$175/\$194 (Expire 6 months) Drop In - \$13/\$14

	Day	Time	Northridge
RANCH H2O - For beginner to intermediate swimmers who can swim 100 yards without stopping. Increase fitness through stroke technique and endurance.	T,Th	6:30 - 7:30 a.m.	
MID-DAY MASTERS - For intermediate to advanced swimmers who swim 500 yards freestyle & competent in 2 of 4 strokes for 1-1/2 hours. Improve fitness & endurance emphasis technique & drills.	T,Th,F	9:15 - 10:45 a.m.	
POWER MASTERS - For beginner to advanced who can swim 500 yards freestyle for a workout fine tuning stroke technique, increasing strength, speed & endurance in competitive environment	M,W	7:00 - 8:00 p.m.	

Coached/Competitive Privates Call 720-348-8220 or www.hrcaonline.org/swimprivates to schedule prior to payment.

- **Bundle Selection Policy** All bundle sales are final upon payment. Be sure of choice before scheduling no changes possible
- **Cancellation Policy** No refunds or rescheduling possible with less than 24 hours advance notice.
- **Expiration Policy** All private lesson bundles will expire 90 days from receipt date of original purchase.

30-Minute Private	Bundle of Three	Bundle of Four	Bundle of Five
Private: \$50/\$60 Semi: \$75/\$95	Private: \$125/\$135 Semi: \$185/\$245	Private: \$155/\$185 Semi: \$235/\$305	Private: \$185/\$225 Semi: \$285/\$365