



3452 Argyle Road
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 www.soarswimmer.com

SOAR Fall Swim Season Schedule

The SOAR Team offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the SOAR Team to offer age specific training geared towards challenging each swimmer and developing each individual to the best of their abilities.

Novice (Beginners)

Entry level to SOAR swim team. These swimmers are graduates of stroke school or prior summer swim team programs. Emphasis on stroke technique, racing starts and turns. Swimmers are encouraged to participate in appropriate swim meets. Weekday practices 45 minutes- 1 hour

Bronze

This group consist of swimmers who are proficient in the four basic competitive strokes. Training is emphasized on stroke efficiency, endurance training and having fun! Dryland is introduced. Swimmers are encouraged to participate in local and regional swim meets. Goals in attaining Junior Olympic times and Far Westerns. Weekday practices 90 minutes

Novice & Bronze Group Schedule & Fees

	Novice	Bronze
* Session 1 Aug. 15-Aug. 26th	Mon. - Fri. 4-5 p.m.	Mon. - Fri. 5-6:30 p.m.
Session 2 Aug. 29th-Sept. 23rd	Mon. - Fri. 4-5 p.m.	Mon. - Fri. 5-6:30 p.m.
Session 3 Sept. 26th-Oct. 21st	Mon. - Fri. 4-5 p.m.	Mon. - Fri. 5-6:30 p.m.
Session 4 Oct. 24th-Nov. 18th	Mon- Fri. 3:30-4:30	Mon. - Fri. 4-5:30 p.m. Saturday 8-9:30a.m.
**Session 5 Nov. 21st-Dec. 16th	Mon. - Fri. 4-5 p.m.	Mon. - Fri. 5-6:30 p.m.

	Novice	Bronze
Member Fee	\$65	\$75
Non-Member Fee	\$90	\$100
Daily	\$10	

*Prorated for two weeks

**Special practice times during Nov. 21-26th

Holiday Camp
 December 19th-22nd and December 26th-29th
 Times and price to be announced.



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Silver

This group is comprised of competitive swimmers who look to build and improve their swimming abilities. Focus is on technique based training and aerobic development. Technical proficiency is a primary emphasis, with training demands set to prepare the athlete to execute races at the highest technical levels. Specifically, extensive focus will be given to educating the athletes of "how" elite level swimming is done. Additionally, athletes will learn and practice the basics of goal setting, nutrition, and mental skills.

Gold

This is our most advanced training group of the SOAR swim team. Strict qualifications are based on many factors including performance, attendance, time standards, training standards, age, and maturity. This group focuses on the training of National level meet performance. Focusing on maximizing aerobic base and develop anaerobic capabilities, fine tune technique and efficiency and speed, extensive goal setting, and introduction to college swimming and academic excellence.

Silver/Gold Groups Schedule & Fees

Silver/Gold Schedule	
* Session 1 Aug. 15-Aug. 27th	Mon.-Fri. 4:30-6:30 p.m. Sat. 8-10 a.m.
Session 2 Aug. 29th-Sept. 24th	Mon.-Fri. 4:30-6:30 p.m. Sat. 8-10 a.m.
Session 3 Sept. 26th-Oct. 22nd	Mon.-Fri. 4:30-6:30 p.m. Sat. 8-10 a.m.
Session 4 Oct. 24th-Nov. 19th	Mon.-Fri. 3:30-5:30 p.m. Sat. 8-9:30 a.m.
** Session 5 Nov. 21st-Dec.17th	Mon.-Fri. 4:30-6:30 p.m. Sat. 8-10 a.m.

Per Session	Silver/Gold Fees
Member Fee	\$90
Non-Member Fee	\$115
Daily	\$10

*Prorated for two weeks
 **Special practice times during Nov. 21-26th

Holiday Camp
 December 19th-22nd and December 26th-29th
 Times and price to be announced.