



Sea Colony



\$85

Per Participant

10% discount for each
additional sibling)

Registration is required and
payment is due upon sign up.

Monday, October 1, 2018 - Wednesday, November 7, 2018

Monday's & Wednesday's

NOT OFFERED- Wednesday, October 31, 2018

Fitness Center Indoor Pool at Sea Colony

• **Sand Sharks** (5 & 6 Year Olds and New Participants designated by the coach to swim this practice time) Child should be comfortable in the water and be able to swim independently. Child may be capable of swimming 25 yards freestyle and backstroke or demonstrate that he or she will be capable of completing the above after a short amount of swim team participation. Focus will be on learning the proper fundamentals of the four competitive strokes. • 4:30-5:15 p.m.

• **Ages 11 & Under** • 4:30-5:30 p.m.

• **Ages 12 & Up & High School Supplemental Practice** 5:30-6:30 p.m.

Call the Fitness Center; 302-539-4511 to sign up NO LATER THAN Wednesday, September 26th

Description for ages 7-18: FOR CHILDREN WHO HAVE PREVIOUSLY PARTICIPATED ON THE SHARKS SWIM TEAM OR ANOTHER SWIM TEAM AND WILL BE JOINING THE WINTER SWIM TEAM. CHILDREN WHO HAVE PROGRESSED THROUGH THE BEGINNER AND INTERMEDIATE SWIM LEVELS AND/OR SAND SHARKS AND ARE READY TO PARTICIPATE ON A COMPETITIVE TEAM. THE COACHES WILL BE WORKING ON TECHNIQUE AND PREPARING THE PARTICIPANTS FOR THE WINTER SHARKS SWIM TEAM.

Winter Swim Team Registration

Winter Swim Team Season- November 13, 2018 - Monday, January 28, 2019

Registration will be held at the Sea Colony Fitness Center 38994 Westway Drive Bethany Beach, DE 19930

- Wednesday, October 3, 2018- 4:30-6:00 p.m.
- Wednesday, October 10, 2018- 4:30-6:00 p.m.

If you have any questions about the winter swim team, please email Mike Pitts at Michael.pitts@resortquest.com Information for the winter season will be available and emailed out mid-September.