

Sea Colony®

Swim Team Gap Season

Monday, March 2 through Wednesday, April 1, 2020

NEW- Registration is available for previous Sea Colony Shark Swim Team participants or a child recommended by a Sea Colony Shark coach. New swimmers who are interested in the Sea Colony Sharks program must attend a FREE swim evaluation held by our Sea Colony Shark coaches, before you can proceed to register for Pre-Season or the Winter Swim Team.

- Held at the Fitness Center indoor pool- registration is required by calling us at 302-539-4511. Parent supervision is required
 - o Saturday, February 22, 2020- 10 a.m.
 - Can't make the designated date? Email Mike Pitts at michael.pitts@resortquest.com

Ages 5-6 year olds (*New Participants designated by the coach to swim this practice time*)

Mondays & Wednesdays-4:30-5:15 p.m. (*Some practices could go until 5:30 p.m.*)

Description: Child must be capable of swimming 25 yards freestyle and back stroke or demonstrate that he or she will be capable of doing so after a short amount of swimming instruction. Participants are continuing to learn to swim from a competitive perspective and have already completed beginner and intermediate levels. Typical ages range between ages 5-8 years and must be comfortable in the water and able to swim independently, breath on side and continue to swim. Focus will be on learning the proper fundamentals and techniques of the four competitive strokes (Freestyle, backstroke, breaststroke and butterfly) as well as starts and turns. The instructor will work on preparing the future participants for the Sharks swim team.

Ages- 10 & Under- Mondays & Wednesday- 4:30-5:30 p.m.

Ages- 11 & Up- Mondays & Wednesdays- 5:30-6:30 p.m.

Description for ages 7-18: Participants who previously participated on the Sharks swim team, have progressed through the beginner, intermediate or Sand Shark levels, or attended a Sea Colony Sharks Evaluation and are ready to participate on a competitive team. The instructor will work on preparing the future participants for the Sharks swim team.

*All Swimmers please note: Swimmers may be moved to a different time slot to better accommodate their swimming ability by the coaching staff. This can change at each practice per the coaching staff.

Cost: \$90 per participant- *10% discount for each additional sibling*

Swim Team Participants from Summer 2019 and/or Winter 2019/20- \$65 per participant- *10% discount for each additional sibling*

Location- Freeman Fitness Center Indoor Pool- 38994 Westway Drive, Bethany Beach, DE 19930

Required Equipment/Swim Attire- Female- One piece suit/ Male- jammers. Each swimmer should also have goggles that are approved by the coaches, swim cap for swimmers with long hair, fins- if you do not have a personal pair we will provide, towel, water.

Pre-registration is required NO LATER THAN Thursday, February 27, 2020. Register at the fitness center or by calling 302-539-4511.

Upcoming Programs:

February- The coaching staff will be offering lessons for those interested in staying in the water.

- Private lessons- ½ hour- \$25
- Semi-Private Lesson- ½ hour- @ participants of the same swimming ability- \$35 (\$17.50 per participant)
- Clinic Style Lesson- 4-6 swimmers of the same swimming ability- 1 hour- \$20 per swimmer

Contact Coach Janna, Coach Cathy or Coach Johanne to schedule lessons.

Sharks Summer Swim Team Pre-Season- April 27-June 12, 2020

Sharks Summer Swim Team Season- June 15-July 26, 2020

More information will be available soon!