

# Be a SMART swimmer

## Swim Team and pre-competitive training for ages 6 to 18 (or to 98 for you Masters)

- Improve stroke technique and develop or maintain fitness for competitive swimming.
- Seasonal Programs offered Fall, Winter, Spring & Summer at Steve Lundquist Aquatic Center
  - Fall, Winter & Spring are 12 week seasons through the school year; for Summer we offer a 6 week Rec League Season and a 4 week GRPA / USA Swimming Long Course season
- Evening times: 1 and/or 2 hour practices 6:00 to 7:00 to 8:00 p.m. (Fall 5:45 to 6:45 to 7:45 p.m.)
- Morning hours offered Saturday, 9:05 to 11:05 am except on swim meet days
- Afternoon hours offered in the fall season: 4:45 to 5:45 pm on Monday and Wednesday

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### **Fall 12-week Season begins Aug 8th 2016 and ends Oct 29th 2016**

Practice days are Monday, Tuesday, Wednesday, Thursday and Saturday  
(start and finish times on the :45)

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**Winter 12-week Season begins Oct 31st 2016 and ends Feb 11th 2017**  
(program breaks for week of Thanksgiving and 2 weeks of Christmas and New Year)

Practice days are Monday, Tuesday, Thursday and Saturday  
(start and finish times on the :00)

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**Spring 12-week Season begins Feb 13th 2017 and ends May 13th 2017**  
(program breaks for week of public school Spring break)

Practice days are Monday, Tuesday, Wednesday, Thursday and Saturday  
(start and finish times on the :00)

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### **Cost for the 12 week seasons:**

\$165 for a 2 x 1 hour practice schedule; \$240 for a 2 x 2 hour practice schedule  
\$225 for a 3 x 1 hour practice schedule; \$300 for a 3 x 2 hour practice schedule  
\$300 for a 4-5 x 1 hour practice schedule; \$360 for a 4-5 x 2 hour practice schedule

### **Prefer to pay monthly? Divide season cost by 3**

Adult swimmers with kids registered get 1/3 discount for each kid  
Interested in a mix of 1 hour and 2 hour practices? Call or email for a quote.

**Pay by credit card** through Swimmerman Swim School; instructions available on SMART website  
There's a **1-time only \$25 registration charge per family (\*\*)** to get into our MindBody system.

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(\*\*) USA Swimming and Swimmerman school members who've already paid are exempt

Registration and additional information specific to the upcoming  
season is available on-line. Please visit:

**[www.smartswimmer.org](http://www.smartswimmer.org) or call (404) 731-1651**

**[smartswimmer@me.com](mailto:smartswimmer@me.com)**

**Smart, Motivated, Athletic, Respectful, Teammate**