

SwimTeam

2018

Swim Team Begins October 1, 2018

The Healthplex Sports Club Fall/Winter Swim Team is an in-house, non-competitive team for kids ages 6-15 years old. The focus is on conditioning for the off-season. Swim Team ends February 28, 2019. There will be two in-house meets TBA for enrolled participants.

Please see reverse side of this flyer for more information →.

Practice Times

Monday, Tuesday, and
Thursday

- Level 1: 5:30-6:30 p.m.
- Level 2: 6:30-7:30 p.m.

**Groups determined by age & ability*

**ALL PARTICIPANTS MUST BE ASSESSED
PRIOR TO REGISTRATION!**

Cost

Full Season:

Member \$400

Non-Member \$550

Payment plan sign-up available until
9/17/2018 by email:

HealthplexSwimLessons@crozer.org

**swim team is non-refundable or transferable*

IMPORTANT

To be eligible for Swim Team participants must:

- Know and demonstrate at least 2 strokes.
- Complete 2 laps of 25 yards freestyle

**CLOSED PRACTICES WILL BE HELD.
PARENTS CAN WATCH FROM THE CAFÉ.**



CROZER KEYSTONE
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SPORTS CLUB



Space is limited. For more information, email

HealthplexSwimLessons@crozer.org

To register call 610-328-8888.



Swim Team Q and A

- 1. I do not have the entire amount right now, but I want to reserve a space for my child. What should I do?** Payment plans are available for those participants that register prior to September 20th. Please email healthplexswimlessons@crozer.org to make arrangements.
- 2. Is there a pro-rate for only coming 2 days a week October thru February?** No, there is one fee for the entire season regardless of the number of practices attended.
- 3. I am not sure I can commit to all 5 months, what should I do? Swim Team has already started can I sign up?** Swim team is a flat fee whether you swim all 5 months or just one month.
- 4. My child may get tired after a month. Will I be able to get a partial refund?** Unfortunately, Swim Team is non-refundable.
- 5. I understand that it is a non-compete team, so what do they do?** The Healthplex Sports Club has made the decision to focus on an in-house swim team. The goal is to ensure proper conditioning and skill building for the off season. There will be two internal meets with dates TBA.
- 6. My child cannot commit to 3 days a week. Can they still participate?** Yes, children are encouraged to come 3 days a week October 1st - February 28th, but it is not required.
- 7. I have more questions that are not answered on this sheet. Who do I ask?** We are happy to answer any of your additional questions. Please email healthplexswimlessons@crozer.org or email our swim team coach directly at acgreen@widener.edu.
- 8. Are there dates when there will not be practice held?** Yes, there will be no practice on: November 22nd, December 24th, 25th, 27th, 31st January 1st and 21st and February 18th. Also, in the event of severe weather, updates will be posted on the Healthplex Sports Club Facebook Page @healthplexsportsclub. Practices missed due to severe weather will not be made up.
- 9. What determines which group my child is placed in?** Level 1 (ages 5-9) swimmers will need to demonstrate that they can swim two laps of freestyle and backstroke. Level 2 (ages 10-15) swimmers will need to meet the Level 1 criteria and know and demonstrate all 4 strokes. Ages are used for a guide not as a hard line.

*For the 2018-2019 Swim Team, time will be spent focusing on developing skills in group settings. All participants **must** be assessed and then placed in groups based on their age and skill set.

- Level 1 will practice Monday, Tuesday, and Thursday from 5:30 p.m. - 6:30 p.m.
- Level 2 will practice Monday, Tuesday, and Thursday from 6:30p.m. - 7:30 p.m.

****All children need to be assessed only once****

Assessments will be held:

September 5th 6:00pm-7:30pm

September 19th 6:00pm-7:30pm

September 20th 6:00pm-7:30pm

Additional times by Appointment

PLEASE NOTE - ASSESSMENT MUST BE COMPLETED PRIOR TO REGISTRATION