

## **SPRING LAKE SWIM TEAM**

Participants will train with other swimmers in their age bracket under the guidance of swim coaches. Training will involve endurance training and stroke drills. The team will also compete in swim meets against other local swim clubs. All swimmers must be able to swim at least 1 lap of freestyle and backstroke without stopping. Should your child not show proficiency during try outs he or she can register for Competitive Stroke Class.

**TRY OUTS for new swimmers – North End Pool on Sunday, May 27<sup>th</sup>  
10:30-11:30**

**TRY OUTS for new swimmers - North End Pool on Saturday, June 16<sup>th</sup>  
10:00-11:00**

**TRY OUTS MAKE UP DATE IF RAINED OUT: North End Pool on June 19  
6:00-7:00 pm**

**Team practice starts June 20 – No practice July 4<sup>th</sup>**

Six and under practice from 6:00-6:30  
Seven and Eight practice from 6:00-6:45  
Nine and up practice from 6:30-7:30