



# SPORTFIT BOWIE AQUATICS

## SWIM TEAM *non-competitive*

Consistent, off-season training designed to build advanced techniques and sustain endurance.

**Minis** age 9 & under

**Practice Duration: 45 Minutes**

PREREQUISITES: Swim 25 yards continuously able to swim Freestyle & Backstroke

**Junior** age 10 -12

**Practice Duration: 1 Hour**

PREREQUISITES: Swim 75 yards continuously able to swim Freestyle, Backstroke, & Breaststroke

**Senior** age 13 -17

**Practice Duration: 1 Hour**

PREREQUISITES: Swim 100 yards continuously able to swim all 4 strokes

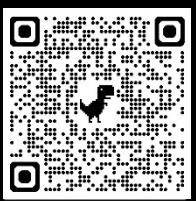
## RATES

	Minis	Member	Nonmember
1x per week		\$120	\$150
2x per week		\$210	\$270
<b>Junior / Senior</b>			
1x per week		\$270	\$330
2x per week		\$360	\$450

## 6- WEEK SESSIONS

**Winter I :** January 3 – February 12  
**Winter II:** February 14 – March 26

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 – 7:15 P <b>Junior &amp; Senior</b> w/ Phil	6:15 – 7:00 P <b>Minis</b> w/ Phil	6:15 – 7:15 P <b>Junior &amp; Senior</b> w/ Phil		9:00 – 10:00 A <b>Junior &amp; Senior</b>  10:00 – 10:45 A <b>Minis</b> w/ Joi



Scan this QR Code or call us for more information

**301-262-4553**



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