



# SPORTFIT BOWIE AQUATICS

## SWIM TEAM *non-competitive*

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

### Swim Team Prep *age 6+*

**Practice Duration: 45 Minutes**

PREREQUISITES: Swim 25 yards continuously

### Minis *age 9 & under*

**Practice Duration: 45 Minutes**

PREREQUISITES: Swim 50 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 with flip turns

## RATES

### Minis/Prep Member Nonmember

1x per week \$120 \$150

2x per week \$210 \$270

### Junior / Senior

1x per week \$150 \$180

2x per week \$270 \$330

3x per week \$360 \$450

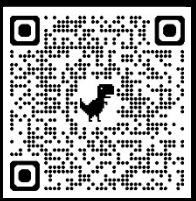
**\*\*\*DROP-IN RATES AVAILABLE\*\*\***

## 6- WEEK SESSIONS

**SUMMER II:** July 12 – August 20

**FALL I:** September 1 – October 10

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 – 7:00 P <b>Minis</b> 6:15 – 7:15 P <b>Junior &amp; Senior</b> <i>w/ Phil</i>	<b>Wednesdays</b> <b>returning for</b> <b>FALL!</b>	6:15 – 7:00 P <b>Minis</b> 6:15 – 7:15 P <b>Junior &amp; Senior</b> <i>w/ Phil</i>		9:30 – 10:15 A <b>Minis</b> 9:30 – 10:30 A <b>Junior &amp; Senior</b> <i>w/ Phil</i>



Scan this QR Code or call us for more information

**301-262-4553**



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