

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

6- WEEK SESSIONS

FALL I: September 1 – October 10

FALL II: October 13 – November 22

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 – 7:00 P Minis 6:15 – 7:15 P Junior & Senior <i>w/ Phil</i>	6:15 – 7:00 P Minis 6:15 – 7:15 P Junior & Senior <i>w/ Mike</i>	6:15 – 7:00 P Minis 6:15 – 7:15 P Junior & Senior <i>w/ Lindsay</i>		9:30 – 10:15 A Minis 9:30 – 10:30 A Junior & Senior <i>w/ Phil</i> 10:30 – 11:15 A Swim Team Prep



Scan this QR Code or call
us for more information

301-262-4553



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