

OCTOBER

BAYSIDE SWIM TEAM SCHEDULE

LAP POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
4:45 - 8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 4:45 - 6:00 PM 4 Lanes	4:45 - 6:15 PM 4 Lanes 7:30 -8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 5:00 - 6:00 PM 4 Lanes 7:15 - 8:45 PM 4 Lanes	5:00 - 8:30 PM 4 Lanes	3:00-6:00 PM 4 Lanes	3:00-6:45 PM 4 Lanes
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
4:45 - 8:45 PM 4 Lanes	4:45 - 6:00 PM 4 Lanes	4:45 - 6:15 PM 4 Lanes 7:30 -8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 5:00 - 6:00 PM 4 Lanes 7:15 - 8:45 PM 4 Lanes	5:00 - 8:30 PM 4 Lanes	3:00-6:00 PM 4 Lanes	7:00 - 8:30 AM 4 Lanes 3:00-6:45 PM 4 Lanes
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
4:45 - 8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 4:45 - 6:00 PM 4 Lanes	4:45 - 6:15 PM 4 Lanes 7:30 -8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 5:00 - 6:00 PM 4 Lanes 7:15 - 8:45 PM 4 Lanes	5:00 - 8:30 PM 4 Lanes	No Practice	7:00 - 8:30 AM 4 Lanes 3:00-5:30 PM 4 Lanes
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
4:45 - 8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 4:45 - 6:00 PM 4 Lanes	4:45 - 6:15 PM 4 Lanes 7:30 -8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 5:00 - 6:00 PM 4 Lanes 7:15 - 8:45 PM 4 Lanes	5:00 - 8:30 PM 4 Lanes	7:00 - 8:30 AM 4 Lanes 3:00-6:00 PM 4 Lanes	7:00 - 8:30 AM 4 Lanes 3:00-6:45 PM 4 Lanes
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	
4:45 - 8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 4:45 - 6:00 PM 4 Lanes	4:45 - 6:15 PM 4 Lanes 7:30 -8:45 PM 4 Lanes	5:30-6:45 AM 3 Lanes 5:00 - 6:00 PM 4 Lanes 7:15 - 8:45 PM 4 Lanes	5:00 - 8:30 PM 4 Lanes	No Practice	

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

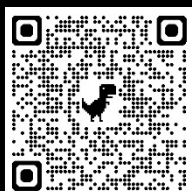
RATES

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 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 <i>w/ Bella</i>



Scan this QR Code or call
us for more information

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