



*Our competitive swim team exists to benefit all children who show an interest in training and competing. Program objectives are to help young athletes develop to their full potential while clarifying their personal values.*

### TURTLES BRONZE I (5-11 Years)

This team is designed for beginner swimmers who are still developing legal competitive strokes. The primary focus is on proper techniques and building freestyle and backstroke endurance. Practices include drill progressions, lane etiquette, and learning competitive rules. Swimmers must be able to swim one length of freestyle and backstroke without stopping.

CODE	DATES	DAY	TIME	R/NR	LOCATION*
<a href="#">480501-1</a>	4/28 - 6/9	F	5:30-6:30p	\$135/168	LFC
<a href="#">180501-1</a>	6/16 - 7/28	F	5:30-6:30p	\$154/185	LFC

### TURTLES BRONZE II (5-13 Years)

This team is designed for swimmers with previous lesson or beginner swim team experience. The primary focus is on refining all four competitive strokes and learning new skills such as diving and flip turns. Practices build on Bronze I by adding introductory dry-land exercises, short swim sets, and use of the pace clock. Swimmers must be able to swim four lengths each of freestyle/backstroke, one length of breaststroke/butterfly, and have an understanding of flip turns.

CODE	DATES	DAYS	TIME	R/NR	LOCATION*
<a href="#">480502-1</a>	4/25 - 6/8	T/Th	5:30-6:30p	\$160/192	LFC
<a href="#">180502-1</a>	6/13 - 7/27	T/Th	7:00-8:00p	\$183/220	FAC



The Turtles Silver, Gold, and Green seasons are September through March and April through July. Questions? Email Robert Wood, Head Coach, at [turtles@vhparkdistrict.org](mailto:turtles@vhparkdistrict.org) for more information.

Swimmers on the Bronze, Silver, and Gold Teams who wish to swim in USA Swim Meets must register with USA swimming for an additional \$68. This registration fee is charged once per year and will cover the calendar year of 2017.



### PAYMENT SCHEDULE FOR SILVER, GOLD & GREEN LEVELS

A \$100 deposit is due at the time of registration. The balance will be charged in 3 equal installments on the 1st of each month, May through July. Credit/debit card authorization is required for the installment charges.

### TURTLES SILVER (7-13 Years)

Silver is for swimmers who have had previous lessons or swim team experience, and are looking for competition. The primary focus is on refining the four competitive strokes and building endurance. Practices build on bronze levels to include drill progressions, high-intensity endurance training, and sprinting. Swimmers must swim eight lengths of freestyle/backstroke with legal flip turns, two lengths of breaststroke/butterfly, and understand proper diving techniques.

CODE	DATES	DAYS	TIME	FEE	LOCATION*
<a href="#">480503-1</a>	4/3 - 7/26	M/W/F	5:30-6:30p	\$410	LFC**

\*\*Moves to FAC 6/12, M/W, 7:00-8:00p

### TURTLES GOLD (11-15 Years)

Gold is designed for advanced swimmers looking for a near-elite level of competition. The primary focus is on stroke refinement and endurance. Building on silver practices to include breath control, and sprinting/distance event training. Swimmers must swim a 200 yard freestyle in 3:00, a legal 200 individual medley, and understand proper diving techniques.

CODE	DATES	DAYS	TIME	FEE	LOCATION*
<a href="#">480504-1</a>	4/3 - 7/26	M-Th	6:30-7:30p	\$525	LFC**

\*\*Moves to FAC 6/12, M-Th, 7:00-8:00p

### TURTLES GREEN (11-18 Years)

Green is designed for elite-level swimmers passionate about the sport. In addition to gold level practices, team members also will learn proper nutrition, time management, and goal setting for both short-term and long-term results. Swimmers must be committed to swimmer competitions and improving skills, able to swim up to 1,000 yards of freestyle continuously, and make ten 100s freestyle in 1:40 each.

CODE	DATES	DAYS	TIME	FEE	LOCATION*
<a href="#">480505-1</a>	4/3 - 7/26	M/W/F Tu/Th	7:30-9:00p 6:30-9:00p	\$650	LFC

\*Lakeview Fitness Center (LFC), Family Aquatic Center (FAC)

