

Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Coaches	12 month
<b>Stroke Intro (2-3/wk)</b>								
A (M/W <u>or</u> S)	4:45-5:30p		4:45-5:30p			11:30-12:15p	Val	\$105
B (T/TH <u>or</u> S)		4:30-5:15p		4:30-5:15p			Val	
C (W/FR <u>or</u> S)			6:00-6:45p		6:00-6:45p		Jen	
D (T/TH <u>or</u> S)		6:00-6:45p		6:00-6:45p			Nathan	
<i>Dryland/Yoga</i>						11:00-11:30a		
<b>Stroke Development (3/wk)</b>								
A (M/W, F <u>or</u> S)	5:30-6:45p		5:30-6:45p		5:30-6:45p	10:30-11:30a	Val / Nathan	\$150
B (T/TH, F <u>or</u> S)		5:30-6:45p		5:30-6:45p				
<i>Dryland</i>	5:15-5:30p	5:15-5:30p	5:15-5:30p	5:15-5:30p	5:15-5:30p			
<b>Stroke Performance (3-4/wk)</b>								
A (M/W, F <u>or</u> S)	5:30-6:45p		5:30-6:45p		5:15-6:45p	10:30-11:30a	Jessica / Nathan	\$150
B (T/TH, F <u>or</u> S)		5:30-6:45p		5:30-6:45p				
<i>Dryland</i>	5:15-5:30p	5:15-5:30p	5:15-5:30p	5:15-5:30p	5:15-5:30p			
<b>MS/HS Prep (3/wk)</b>								
B (T/TH/S)		6:00-7:00p		6:00-7:00p		11:30-12:30p	Jen	\$156
A (W/F/S)			5:00-6:00p		5:00-6:00p			
<i>Dryland/Yoga</i>		5:30-6:00p	6:15-6:45p			10:45-11:15a		
<b>Age Group Development (4-5/wk)</b>								
<i>Early</i>	5:15-6:45p		5:15-6:45p		5:15-6:45p	9:15-10:30a	Reid	\$180
<i>Late</i>	6:45-8:15p	6:45-8:15p		6:45-8:15p				
<i>Dryland</i>		6:30-7:00p	6:30-7:00p					
<b>Age Group Performance (5-6/wk)</b>								
<i>Early</i>	5:15-6:45p	5:15-6:45p		5:15-6:45p		9:15-11:00a	Mark/Reid	\$180
<i>Late</i>	6:45-8:15p		6:45-8:15p		6:45-8:15p			
<i>Dryland</i>		6:30-7:15p	6:30-7:15p					
<b>Pre-Senior Development (3-4/wk)</b>								
<i>Choose max. 4</i>	6:45-8:15p	6:45-8:30p	6:45-8:15p	6:45-8:15p	6:45-8:15p	9:15-11:00a	Mark/Reid	\$215
<i>Dryland</i>		6:00-6:45p		6:00-6:45p				
<b>Pre-Senior Performance (5-6/wk)</b>								
	6:45-8:15p	6:45-8:30p	6:45-8:15p	6:45-8:30p	6:45-8:15p	7:00-9:15a	Mark/Reid	\$232.5
<i>Dryland</i>		6:00-6:45p		6:00-6:45p				
<b>Senior Development (4-5/wk)</b>								
<i>Choose max. 5</i>	3:30-5:00p	3:30-5:30p	3:30-5:00p	3:30-5:30p	3:30-5:00p	7:00-9:15a	Mark/Reid	\$210
<i>Dryland</i>	5:15-5:45p		5:15-5:45p		5:15-5:45p			
<b>Senior Performance (6/week)</b>								
	3:30-5:30p	3:30-6:00p	3:30-5:30p	3:30-6:00p	3:30-5:30p	7:00-9:15a	Mark/Reid	\$247.5
<i>Dryland</i>	5:45-6:45p		5:45-6:45p		5:45-6:45p			
<b>Fall Vanishing Tuition Rates</b>	<b>Months 1 to 3</b>	<b>Months 4 to 6</b>	<b>Months 7 to 9</b>	<b>Months 10 to 12</b>	<b>12 Month ave.</b>	<b>approx. hrs per Month</b>	<b>Annual Reg. Fee</b>	
Stroke Intro	\$155	\$140	\$125	No Tuition	\$105	9h	\$125	
Stroke Development	\$210	\$200	\$190	No Tuition	\$150	18h	\$175	
Stroke Performance	\$210	\$200	\$190	No Tuition	\$150	18h		
Age Group Developmet	\$255	\$240	\$225	No Tuition	\$180	41h		
Age Group Performance	\$255	\$240	\$225	No Tuition	\$180	41h		
MS/HS Prep	\$235	\$220	\$205	No Tuition	\$156	16h	\$125	
Pre-Senior Development	\$300	\$290	\$270	No Tuition	\$215	44h	\$175	
Pre-Senior Performance	\$325	\$310	\$295	No Tuition	\$232.5	44h		
Senior Development	\$295	\$280	\$265	No Tuition	\$210	43h		
Senior Performance	\$345	\$330	\$315	No Tuition	\$247.5	65h		

\*12 month plan available upon request but **requires ACH/CC authorization for 12 months/contract**. Not eligible for Multi-Swimmer Discount

\*\*\$10-\$5-\$5 Multi-Swimmer Discount, Maximum \$20 per Payment (Vanishing Tuition)