



KIDS Swim Club



Fall Competitive Swim & Conditioning



PROGRAM DATES: September 11 – November 16, 2023
at the Northampton Middle School Pool

PROGRAM DESCRIPTION:

This is a competitive swim team for all levels of swimmers. This program is not a swim lesson – swimmers must be able to swim the length of the pool unassisted.

Session will focus on conditioning and building skills for competition. Session will include a non-USA Swim intrasquad meet (date TBD).

Swimmers must provide their own goggles, swim cap and swimsuit for practice (one piece suit for girls/jammers for boys)

*a coach can make an exception to change a swimmers group based on ability

GROUP	DESCRIPTION	PRACTICE TIMES	COST
White	Beginner – Any Elementary or Middle School swimmer that has not participated in any USA Swim meets	Tuesday and Thursday ONLY (due to limited pool space) 6:15-7:15pm	\$150 -or- (2 payments of \$75)
Orange	Competitive swimmers who have had at least 1 year of USA Swim experience and are in Elementary and Middle School	Monday & Wednesday 4:45-6:30pm Tuesday & Thursday 4:45-6:15pm	\$250 -or- (2 payments of \$125)
Black	Advanced Competitive Swimmers – ALL High School swimmers as well as year-round Middle School Swimmers with at least 2 years of USA Swim experience	Monday and Wednesday 2:45-4:45pm Tuesday and Thursday 4:45-6:30pm	\$270 -or- (2 payments of \$135)

*schedule is subject to change based on enrollment

*T/Th practice times shortened due to limited pool space

USA SWIM MEETS:

The KIDS Swim Club will attend 2-3 USA Swim sanctioned meets – participation in the meets is optional. Coaches reserve final approval for swimmers to participate at this level. Full USA Swim Memberships will be required to participate in these meets. Must be purchased separately online (\$87). Details will be provided in early September. Meet announcements will be posted on our website, meet entry will be done through the parent portal and meet entry fees are an extra cost (usually \$10 per event). *If you already have a 2023 USA Swim Membership you will not need to renew membership for this program.*

VARSITY SWIMMERS:

If you are swimming preseason conditioning for the Northampton High School Varsity Team and would like to also swim with the KIDS Swim Club for additional swim practice on Monday & Wednesday for USA Competitive swimming, register under the Black Group and use code VARSITY at checkout for a prorated cost.



REGISTRATION ONLINE ONLY AT
www.NorthamptonSwim.com
through August 28th



Questions: Email NorthamptonSBC@gmail.com

This program is NOT endorsed by the Northampton Area School District.