

CATHEDRAL OAKS SWIM CLUB

POWERED BY SWELL - CATHEDRAL OAKS ATHLETIC CLUB

NOVICE

AGES 7 - 12

The Novice team trains on the fundamentals of the four competitive strokes. In this level, racing starts, turns, and finishes are progressively taught, building on your kid's previous swimming experience. Swim techniques are improved through regular swim sets and drills during practice.

MEETS

MONDAY/ WEDNESDAY
TUESDAY/THURSDAY
3:30 - 4:15 PM

MEMBERS \$115
NON-MEMBERS \$140

AGE GROUP

AGES 9 - 18

The Age Group team is for advanced swimmers. Children must be able to complete at least one length in each stroke, know their open turns and underwater streamlines, as well as do track start and flip turns. This team trains in all four of the competitive strokes with an emphasis on fine-tuning technique, building endurance, and increasing speed through regular swim sets.

MEETS

MONDAY/ WEDNESDAY
TUESDAY/THURSDAY
4:15 - 5:30 PM

MEMBERS \$135
NON-MEMBERS \$160

**FOR MORE
INFORMATION
OR TO SCHEDULE
AN EVALUATION,
CONTACT
US AT -
SWIM@SWELLCLUBS.COM**

**SUCCESSFUL COMPLETION OF A
SWIM EVALUATION IS REQUIRED
BEFORE JOINING SWIM TEAM*



**“YOU JOIN
OTHER CLUBS,
BUT YOU
BELONG
HERE.”**

CATHEDRAL OAKS ATHLETIC CLUB
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ATHLETIC CLUB**

**SWIM
TEAM**

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