

# Manchester Swim Club

## Extended Season Programs

### Extended REC Practice

Fee: \$125

Signup Deadline: 2/7/2020

February 10th - March 13th / Mon, Wed, Fri 5-6:30 Tues & Thurs Includes dry land 5:00-7:00

PAYMENT DUE IN FULL AT SIGNUP

50 Swimmer Limit

Offered to REC swimmers that wish to continue practicing while our USA Swimmers train for Championships.

### Junior Stroke Clinic

Fee: \$75

Deadline to secure spot: 4/15/2020

April 21st - May 8th

Tues, Thurs, Fri 6:15-7:30 Wed 5-6:30

\$75.00 due by 4/15/20

\$25.00 non-refundable if withdrawn after 4/15/20

The Junior Stroke Clinic is mainly for junior swimmers. Each stroke, starts, finishes and flip-turns will be worked on. Different things will be worked on each night, so it is best to attend every practice.

## OR

### Senior Stroke Clinic

Fee: \$75

Deadline to secure spot: 4/15/2020

April 20th - May 8th

Mon 4:30-6:30 Tues,Thurs, Fri 4:30-6:15

\$75.00 due by 4/15/20

\$25.00 non-refundable if withdrawn after 4/15/20

The Senior Stroke Clinic is for older swimmers or swimmers that have a pretty good handle on all of the strokes. Work will be done on fine-tuning strokes, turns, starts and finishes.

50 Swimmer Limit for each Stroke Clinic - USA Swimmers have priority

### Spring REC Practice

Fee: \$225

Deadline to secure spot: 4/1/2020

April 6th - June 12th  
Mon through Fri 4:30-6:30  
(Tues & Thurs includes dry land)

\$225.00 due by 4/1/20

\$75.00 non-refundable if withdrawn after 4/1/20

The Spring Rec Practice is for swimmers that wish to continue practice through the end of May. This program is good for swimmers that want to prepare for their summer swim leagues.  
Includes dry land.

50 Swimmer Limit for Spring REC Practice - USA Swimmers have priority

### Summer Practice

Fee: \$250

(+ Flex USA Registration)

Deadline to secure spot: 5/15/2020

June 1st - end of LC season  
Mon through Fri 4:30-6:30 while at MHS  
(Tues & Thurs includes dry land)

\$250.00 due by 5/15/2020

(add \$20 (if not currently USA Swimming registered)

\$120.00 non-refundable if withdrawn after 5/15/20

The Summer Practice program is offered to swimmers that want to continue practicing through the end of July, but do not want to participate in USA Long Course meets. Participants in this program must be registered with USA Swimming, as they will be practicing alongside our USA team. If not already registered, a \$20 flex membership (\$40 if over age 17) is available with USA Swimming.

Includes dry land.

Practices move to Veteran's Memorial Pool & Glast.Hills pool in morning after school ends

**This program DOES NOT include participation in USA LC Meets**

### Summer USA Long Course

Fee: \$500

plus Kitty (event) fees

Deadline to secure spot: 3/15/2020

March 30th - end of LC season  
Mon through Fri 4:30-6:30 while at MHS  
(Tues & Thurs includes dry land)

Non-refundable \$200 deposit and \$50 initial Kitty Fund pmt due by 3/15/2020

(add \$40 if not currently USA Swimming registered)

\$150 payment due by 5/15/2020

\$150 balance due by 6/15/2020

Our Summer Long Course program includes practices that begin in April and go through the end of Long Course Championships (typically the end of July). This program includes participation in Long Course meets. Every participant must be registered with USA swimming. If not already registered, a \$40 seasonal membership is available with USA Swimming.  
Includes dry land.

Practices move to Veteran's Memorial Pool & Glast. Hills pool in morning after school ends

Once signup deadlines have passed, programs will be open to non-members.

THERE IS NO PRACTICE APRIL 13-17 DUE TO SCHOOL VACATION

There will be no pro-rating of sessions. Each session must be signed up for in its entirety.