



## Training Groups, practice schedule and fees

**Red:** (School Year) Monday-Friday 4:00-4:45pm (Lehi Legacy Aquatics Center)  
(Summer) Monday-Friday 8:15-9:00am (Lehi Outdoor Pool)

**Requirements:** Swim 4 days a week  
Attend all swim meets  
Formal Tryout: Skills required 50 yards freestyle; 25 yards backstroke, breaststroke and butterfly  
Signed swimmer/parent contract

**Cost:** \$33 per month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
\$50 semi-annual equipment fee  
Legacy Center Membership – prices vary according to plan

**Equipment:** Fins, 2 pairs of goggles, swim cap, pull buoy, competitive practice suit, water bottle and gear bag  
Team suit and cap are **REQUIRED**, team deck jacket is optional  
Parents will be expected to volunteer as needed  
Swimmers will be expected to participate in team fundraisers (minimum funds raised is \$50 per swimmer per fundraiser)

**White:** (School Year) Monday-Friday 4:45-6:00pm (Lehi Legacy Aquatics Center)  
(Summer) Monday-Friday 7:45-9:00am (Lehi Outdoor Pool)

**Requirements:** Swim 4 days a week  
Attends all swim meets and works towards becoming an IMX swimmer  
Formal Tryout: Skills required 400 yard freestyle; 50 yards backstroke, breaststroke, butterfly; 100 IM; legal starts and turns  
Signed swimmer/parent contract

**Cost:** \$38 per month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
\$50 semi-annual equipment fee  
Legacy Center Membership – prices vary according to plan

**Equipment:** Fins, 2 pairs of goggles, swim cap, pull buoy, competitive practice suit, water bottle and gear bag  
Team suit and swim cap are **REQUIRED**, team deck jacket is optional  
Parents will be expected to volunteer as needed  
Swimmers will be expected to participate in team fundraisers (minimum funds raised is \$50 per swimmer per fundraiser)

**Blue:** (School Year) Monday-Friday Fall 4:00-6:00pm (Lehi Legacy Aquatics Center)  
(Summer) Monday-Friday 7:00-9:00am (Lehi Outdoor Pool)

**Requirements:** Swim 5 days a week with dry land workouts 6:00-6:30pm everyday  
Attends all swim meets and works towards becoming an IMX swimmer  
Formal Tryout: Skills required 200 IM; 100 Butterfly; Breaststroke, Backstroke; 12x100 Freestyle on 1:45; legal starts and turns  
Signed swimmer/parent contract

**Cost:** \$40 per month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
\$50 semi-annual equipment fee  
Legacy Center Membership – prices vary according to plan

**Equipment:** Fins, 2 pairs of goggles, swim cap, pull buoy, competitive practice suit, water bottle, gear back, frontward snorkel and paddles  
Team suit and cap are **REQUIRED**, team deck jacket is optional  
Parents will be expected to volunteer as needed  
Swimmers will be expected to participate in team fundraisers (minimum funds raised is \$50 per swimmer per fundraiser)