



## Training Groups, practice schedule and fees

**Red: (School Year)** Monday-Friday 4:00 – 4:45pm (Lehi Legacy Center Pool)

**(Summer)** Monday-Friday 8:15 – 9:00am (Lehi Outdoor Pool)

Requirements: Be at least 8 years of age (exceptions can be made for skilled swimmers)  
Be able to swim a legal 50 Backstroke and a legal 100 Freestyle  
Demonstrate a correct Breaststroke kick and a correct dive  
Have a coach's recommendation (given through a formal try-out)  
Have enthusiasm toward the sport of swimming  
Attend at least 3 practices per week

Cost: \$33 a month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
Legacy Center Membership – Prices vary according to plan

The goals and emphasis of this group are to build endurance, improve stroke technique, and prepare swimmers for competitive swimming. Swimmers who are encouraged to participate are those who want to be on a competitive swim team but do not have proper stroke technique or who want some enjoyable skill development as they determine what opportunities swimming might hold for them.

**White: (School Year)** Monday-Friday 4:45 – 6:00pm (Lehi Legacy Center Pool)

**(Summer)** Monday-Friday 7:45 – 9:00am (Lehi Outdoor Pool)

Requirements: Is able to complete a legal 50 Breaststroke, 50 Backstroke, 25 Butterfly and 200 Freestyle  
Is able to successfully complete a competitive start  
Receives a coach's recommendation  
Must attend four practices a week  
Is excited about the sport of swimming  
Shows enthusiasm and works hard during practice  
Attends swim meets

Cost: \$37 a month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
Legacy Center Membership – Prices vary according to plan

The goals and emphasis of the competitive group are to build endurance, build strength, technique refinement, and develop competitive elements (such as starts and turns). Swimmers who are encouraged to participate are those who want to be competitive in the sport of swimming and plan on swimming at least through high school.

**Blue: (School Year)** Monday-Friday 4:30 – 6:00pm (Lehi Legacy Center Pool)

**(Summer)** Monday-Friday 7:00 – 8:30am (Lehi Outdoor Pool)

Requirements: Is able to demonstrate all four competitive strokes (turns included) through a formal try-out  
Has a legal time in at least one event for each stroke  
Receives a coach's recommendation  
Is able to complete a full practice  
Is enthusiastic and works hard during practice  
Demonstrates a strong commitment to the sport of swimming  
Is expected to attend five practices a week  
Is expected to attend all swim meets the team plans to attend

Cost: \$40 a month  
\$60 yearly fee for USA Swimming membership NON-REFUNDABLE  
Legacy Center Membership – Prices vary according to plan

The goals and emphasis of the elite group are to refine all strokes, build strength and endurance. Swimmers who are encouraged to participate are those who want to excel in the sport of swimming and plan on swimming through college and/or at the national level.