

Training Groups, Practice Schedules and fees

ALL Groups:

- Tryouts:** See website www.lehiaquatics.com for details
- Fees:** \$60 yearly fee for USA Swimming membership NON-REFUNDABLE
Legacy Center Membership – prices vary according to plan
\$25 semi-annual team fee
- Equipment:** Fins, 2 pairs of goggles, swim cap, pull buoy (Jr. Silver, Jr. Gold and Seniors), paddles (Jr. Gold & Seniors), 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

Dolphins: (School Year) Monday, Wednesday, Friday 4:00-4:45pm (Lehi Legacy Aquatics Center)
(Summer) Monday, Wednesday, Friday 9:00-9:45am (Lehi Outdoor Pool)

- Requirements:** Ages 8 and Under
Attend all practices
Attend 1 swim meet per month
- Dolphin Fees:** \$33 per month

Sharks: (School Year) Tuesday, Thursday, Friday 4:30-5:30pm (Lehi Legacy Aquatics Center)
(Summer) Monday-Friday 7:00-8:00am (Lehi Outdoor Pool)

- Requirements:** Ages 9-13
Attend all practices
Attend 1 swim meet per month
- Shark Fees:** \$35 per month

Junior Silver: (School Year) Monday-Friday 4:45-6:00pm, dry land workouts M, W, F 4:00-4:30pm (Lehi Legacy Aquatics Center)
(Summer) Monday-Friday 8:00-9:00am, dry land workouts Monday-Friday 9:00-10:00am (Lehi Outdoor Pool)

- Requirements:** Ages 10-14
Attend at least 4 practices per week plus dry land workouts
Attend 1 swim meet per month
- Junior Silver Fees:** \$38 per month

Junior Gold: (School Year) Monday-Friday 4:00-6:00pm dry land workouts M, W, F 4:00-4:30pm (Lehi Legacy Aquatics Center)
(Summer) Monday-Friday 7:00-9:00am, dry land workouts Monday-Friday 9:00-10:00am (Lehi Outdoor Pool)

- Requirements:** Ages 11 and Up
Attend all practices plus dry land workouts
Attend all swim meets the team attends
- Junior Gold Fees:** \$40 per month

Seniors: (School Year – September-February) Tuesday and Thursdays 5:00am-7:00am (Lehi Legacy Aquatics Center)
(School Year – March-May) Monday-Friday 3:00pm-5:00pm
(Summer) Monday-Friday 7:00-9:00am, dry land workouts Monday-Friday 9:00-10:00am (Lehi Outdoor Pool)

- Requirements:** High School Swimmers
Attend all practices plus dry land workouts
Attend at least 3 swim meets while not in high school season
- Seniors Fees:** \$20 per month September-February
\$40 per month March-August