



USA SWIMMING TEAM

2015-2016

QUICK FACTS

WHERESchool Year: Lehi Legacy Center Pool; Summer: Lehi Outdoor Pool

WHOAges 5 and up

WHENNew Swimmers can tryout in March and August. See back for dates and times.

FEESSee Back for Details

LEHI AQUATICS SWIMMING

This is a competitive swim team that teaches swimmers discipline, hard work, and team work. The team focuses on developing new swimmers into competitive swimmers and turning competitive swimmers into champions.

PARTICIPATION REQUIREMENTS

In order to participate on the USA Swimming Team, swimmers must:

- Be able to swim 50 yards of each stroke without touching the wall to stop and breath (private swimming lessons are available if unable to complete this requirement).
- Have a desire to swim and improve.
- Have a current USA Swimming membership (\$67 annual fee).
- Have a Legacy Center Membership.
- Complete tryouts (see website for details).
- Have required gear, including fins, goggles, buoy, bag, cap, team suit, and water bottle.

In addition, parent of participants are expected to volunteer.

REGISTRATION

Register at the Legacy Center Back Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

Registration fee is non-refundable, non-transferable.

ADDITIONAL INFORMATION

See the back of this flyer for team times and descriptions. Tuition is due by the 10th of each month.

For more information, email Team Manager Shawna Zurmely at lehiswimcoach@gmail.com, or visit www.lehiaquatics.com. You can also find the USA Swimming Team on Facebook at www.facebook.com/lehiaquatics.

MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



Like us on Facebook!
www.facebook.com/lehilegacycenter



Follow us on Twitter!
www.twitter.com/legacycenter

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



RECREATION

REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.

TRAINING GROUPS, PRACTICE SCHEDULES AND FEES

ALL GROUP REQUIREMENTS

Tryouts:	See website www.lehiaquatics.com for details
Fees:	\$67 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

STARFISH

(School Year) Monday and Wednesday 4:00-4:45pm (Lehi Legacy Aquatics Center)

(Summer) Tuesday and Thursday 7:00-8:00am (Lehi Legacy Aquatics Center)

Requirements: Ages 5-6; Attend all practices

Starfish Fees: \$30 per month

DOLPHINS

(School Year) Tuesday and Thursday 6:15-7:15am, Friday 4:00-5:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday, Wednesday, Friday 7:00-8:00am (Lehi Legacy Aquatics Center)

Requirements: Ages 7-8; Attend all practices and attend 1 swim meet per month

Dolphin Fees: \$33 per month

SHARKS

(School Year) Monday, Tuesday, Wednesday, Thursday 6:00-7:00pm (Lehi Legacy Aquatics Center)

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

Requirements: Ages 9-10; Attend all practices and attend 1 swim meet per month

Shark Fees: \$35 per month

JUNIOR SILVER

(School Year) Monday-Friday 4:30-6:00pm, dry land workouts 4:00-4:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:30-9:00am, optional dry land workouts Mon-Fri 9:00-9:30am (Lehi Outdoor Pool)

Requirements: Ages 11-12; Attend at least 4 practices per week plus dry land workouts and attend 1 swim meet per month.

Junior Silver Fees: \$40 per month

JUNIOR GOLD

(School Year) Mon-Fri 4:00-6:00pm dry land workouts M, W, Th 6:00-6:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:00-9:00am, dry land workouts Monday-Friday 9:00-9:30am (Lehi Outdoor Pool)

Requirements: Ages 13-14; Attend all practices plus dry land workouts and attend all swim meets the team attends.

Junior Gold Fees: \$45 per month

SENIORS GOLD

(School Year – September-March) Tuesday/Thursday 5:00am-7:00am Monday-Friday 4:00-6:00pm (Lehi Legacy Aquatics Center)

Requirements: Ages 15 & Up; Attend all practices plus dryland workouts
Attend at least 3 swim meets while not in high school season

Senior Gold Fees: \$45 per month

SENIORS

(School Year – September-March) Tuesday and Thursday 5:00am-7:00am (Lehi Legacy Aquatics Center)

(School Year – April-May) Tuesday and Thursday 5:00-7:00am, Monday-Friday 3:00pm-4:30pm (Lehi Legacy Center)

(Summer) Monday-Friday 6:00-8:00am, dry land workouts Monday-Friday 8:00-9:00am (Lehi Outdoor Pool)

Requirements: Ages 15 and Up; Attend all practices plus dry land workouts and attend at least 3 swim meets while not in high school season.

Seniors Fees: \$35 per month September-March

\$60 per month April-August

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



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or register online.