



USA SWIM TEAM

2022-2023

QUICK FACTS

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

WHOAges 6 and up

WHENNew Swimmers can
tryout in March and
August.

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 breathe (private swimming lessons are available if unable to complete this requirement).
- Have a desire to swim and improve.
- Have a current USA Swimming membership (\$95 annual fee).
- 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.

ADDITIONAL INFORMATION

See the back of this flyer for team times and descriptions.

For more information, email Head Coach Michael King at mking@lehi-ut.gov, or visit www.lehiaquatics.com. You can also find the USA Swimming Team on Facebook at www.facebook.com/lehiaquatics.

REGISTRATION

Payments are due by the 20th of the previous month for current swimmers. For current swimmers a balance is created and must be paid on-line by the 20th to secure a spot for the next month. Register at the Legacy Center Registration Office during normal business hours or online at www.lehi-ut.gov/legacy-center.

Registration fee is non-refundable, non-transferable.

MORE INFORMATION



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



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

LEHI LEGACY CENTER
123 North Center Street
385.201.2000
www.lehi-ut.gov/legacy-center



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
Fees:	\$100 yearly fee for USA Swimming membership NON-REFUNDABLE Legacy Center Membership – prices vary according to plan
Equipment:	Fins, 2 pairs of goggles, swim cap, pull buoy, paddles (Junior Prep, Juniors & Seniors), competitive practice suit, water bottle and gear bag. Team suit and cap are REQUIRED

DOLPHINS

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

(Summer) Monday - Thursday 7:45-8:45am (Lehi Outdoor Pool)

Requirements: Ages 10 & under; maintains 70% attendance to practices and attend 1 swim meet per quarter

Dolphin Fees: Lehi Resident \$78 per month; Non-Resident \$105 per month

SHARKS

(School Year) Monday-Friday 6:00-7:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:45-8:45am (Lehi Outdoor Pool)

Requirements: Ages 7-10; maintains 75% attendance to practices and attend 2 swim meets per quarter

Shark Fees: Lehi Resident \$80 per month; Non-Resident \$108 per month

JUNIOR PREP

(School Year) Monday-Friday 5:00-6:00pm, Dryland Mon/Wed/Fri 4:30-5:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:30-8:45am.

Requirements: Ages 10-12; maintains 75% attendance to practices and attend 2 swim meets per quarter

Junior Prep Fees: Lehi Resident \$88 per month; Non-Resident \$119 per month

JUNIORS

(School Year) Monday-Friday 4:30-6:00pm, Dryland Mon/Wed/Fri 6:00-6:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 6:30-7:45am, Dryland T/Th 8:00-8:45am (Lehi Outdoor Pool)

Requirements: Ages 13-15; Attend all practices and 3 swim meets per quarter.

Juniors Fees: Lehi Resident \$94 per month; Non-Resident \$127 per month

SENIORS

(School Year) Tuesday and Thursday 5:00-6:15am, Monday-Friday 3:00pm-4:30pm, Saturday 6:30-8:00am (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 5:30-7:45am, Saturday 7:30-9:30am, Dryland M/W/F 8:00-8:45am (Lehi Outdoor Pool)

(June) T/Th 4:00-5:15pm (Legacy)

Requirements: Ages 15 and Up; Attend all practices, Dryland, and attend at least 3 swim meets while not in high school season.

Seniors Fees: Lehi Resident \$109 per month; Non-Resident \$147 per month

STINGRAYS

(School Year) Tuesday and Thursday 7:00-8:00pm. (Lehi Legacy Aquatics Center)

(Summer) Tuesday and Thursday 7:45-8:45am. (Lehi Outdoor Pool)

Requirements: 10 and under introduction to USA swimming. Swimmers begin to expand their knowledge of competitive swimming. The group is smaller in size to allow more direct coaching.

Sting Rays Fees: Lehi Resident \$29per month; Non-Resident \$38 per month

LEHI LEGACY CENTER

123 North Center Street

385.201.2000

www.lehi-ut.gov/legacy-center



REGISTRATION HOURS

Monday-Friday

8 a.m. to 6 p.m.

or register online.