

MIDTOWN

MIDTOWN WESTON AQUATICS SWIM TEAM USA MEMBER

FIRST STAGE

Sizzler: For swimmers (8 years old and under) who know all four Olympic Strokes and are ready to compete in USS sanctioned meets. These swimmers are focused 100 % on their technique.

Flash: For swimmers (9 years old and over) who know all four Olympic Strokes and are ready to compete in USS sanctioned meets. These swimmers improve their technique and start to develop endurance.

Middle: This is a progression from the previous training group. The goal in this group is to make sure all swimmers know the basic principle of competitive swimming. The workouts are more focused to improve and develop more endurance.

Days: Monday to Friday from 4:30 p.m. to 6:30 p.m. / Saturdays: 8:00 a.m. to 10:00 a.m.

Morning practices: Mondays, Wednesdays and Fridays from 5:00 a.m. to 6:15 a.m.

Dry land Training: Tuesdays and Thursdays from 4:30 p.m. to 5:30 p.m. (Third Stage only)

Cost: Midtown Members \$80.00

SECOND STAGE

Sprint: In this group, the swimmers are more experienced and are ready to compete and train in a more challenging and competitive atmosphere. Besides endurance, the goal is to develop more speed.

Sub-JO: For those swimmers that have not achieved a JO qualify time. This group swims six times per week plus dry land training three times per week.

JO (Junior Olympic): All swimmers in this group have at least one JO qualify time. They swim Monday through Saturday plus three dry land training per week.

Elite: This is the highest level of competitive swimming. This group swims up to nine times per week plus dry land training.

Days: Monday to Friday - Times: 5:00 p.m. – 6:30 p.m.

Cost: Midtown Members \$80.00

For more information, please contact Raphael Lima, Aquatics Director/ Head Coach at 954-635-4371 or email raphael.lima@midtownclubs.com