



JOIN THE TEAM!

Become a part of one of the best up-and-coming, Quality-Over-Quantity Programs in the South!

2-WEEK FREE TRIAL ANY TIME

OUR NEW SEASON BEGINS MONDAY AUGUST 14 – 5:00pm @ The Oak Ridge Civic Center

SPECIAL NEEDS	LOCATION	DAY	TIME	OTHER
	OR	M/W/F	5:00pm-6:30pm	BEGINS 8-21-2017
RED	LOCATION	DAY	TIME	OTHER
	OR	M/W/F	5:00pm-6:30pm	
	LC	T/R	5:30pm-6:45pm	Opening TBA
BLACK	LOCATION	DAY	TIME	OTHER
	OR	M/W/F	5:00-6:30pm	
	OR	SAT	10:40am -12:00pm	
	LC	T/R	5:30pm - 7:00pm	Opening TBA
SILVER	LOCATION	DAY	TIME	OTHER
	OR	M/W/F	4:30pm - 6:30pm	4:30pm - 5:00pm Drylands
	OR	T/R	5:00am - 7:00am	**Optional**
	OR	T/R	5:00pm - 6:30pm	**Until LC Pool Opens/After LC Closes
	OR	SAT	8:00am - 10:45am	
	LC	T/R	5:30pm - 7:30pm	Opening TBA
SENIOR 2	LOCATION	DAY	TIME	OTHER
	OR	M-F	5:00am - 7:00am	
	OR	M/W	6:00pm - 7:30pm	6:00pm - 6:30pm Drylands
	OR	SAT	8:00am - 10:45am	
	LC	T/R	5:30pm - 7:30pm	Opening TBA
SENIOR 1	LOCATION	DAY	TIME	OTHER
	OR	M-F	5:00am - 7:00am	
	OR	M/W/F	5:00pm - 6:00pm	Lift @ Maxed Out
	OR	M/W/F	6:30pm - 7:30pm	Swim
	OR	SAT	8:00am - 10:45am	

OAK RIDGE CIVIC CENTER POOL - (7 Lanes, 25yd)



OAK RIDGE CIVIC CENTER (7 Lanes, 25yr)
LENOIR CITY POOL - (6 Lanes, 25yd)



OAK RIDGE MUNICIPAL POOL - (6 lanes, 108m)
(6 lanes, 25m)



RED GROUP: 4 practices per week (MWFS), 1.5 hours each day. Introduction to stroke and technique, building endurance, and introduction to low-level competition. Athletes should be able to complete lengths of the pool without assistance from an instructor.

BLACK GROUP: 4 practices per week (MWFS), 1.5 hours each day. Emphasis on stroke and turn technique, goal orientation, and beginner level competition skills.

SILVER GROUP: 6 practices per week (MTWTRFS), 2 hours each day, 2.5 on Saturday. Emphasis on endurance and aerobic development, perfecting stroke and turn technique. Swimmers are trained in goal setting, dryland training, and are encouraged to attend all team designated meets.

SENIOR 2: Offered 9 practices per week (MTWTRFS), 2 hours each day. This groups is designed for 8th graders and older, in introduction to Senior Level Training without the "hard-core" expectations. Senior 2 receives a general training plan designed around year-round, high school, and summer league competition levels, and provides aerobic and endurance training, with application of stroke technique and racing strategy.

SENIOR 1: 9 practices per week (MTWTRFS). The Senior 1 consists of swimmers, generally 13 and older who have demonstrated a high level of swimming and workout ability. This level of swimming is for focussed, goal-oriented athletes preparing for Regional, Sectional, and National Level Competition. Dryland and Weight Training will be a mandatory part of training, in addition to pool training.

FEES:

- Pay Annually or Monthly

- Fundraising \$400 per family

Red Group: \$700 a / \$91 m

Black Group: \$900 a / \$108 m

Silver Group: \$1200 a / \$145 m

Senior 2: \$1400 a / \$170 m

Senior 1:

\$1550 a / \$190 m

CONTACT ACAC on our Team Website for More Information on HOW TO JOIN!

www.swim4acac.com