

# Prince-Mont Swim League 2015 Division B Member



2016 Winter/Spring Training

Our school year swim programs prepare swimmers for the main event: GMST's competitive summer season!

Swim training participants are expected to swim for GMST in the upcoming 2016 summer season.

Swimmers Ages 5 - 18

Home Pool: Greenbelt Aquatic & Fitness Center 101 Centerway, Greenbelt

Our mission: To promote swimming as a lifelong activity, to help each swimmer achieve their "personal best", and to advocate swimming as a family participation sport.

## Combined Winter/Spring Season:

January 5 – May 15



No practices March 22-April 3; April 26 Our Mascot – The Barracuda

# Registration opens 12/1 for returning families.

In-person registration: Jan. 5 & 7

4:15 – 6:00 pm (\*\*New families must contact registrar to schedule an appt.)

Registration Fees			
	Until 1/7	After 1/7	
Competitive Swimmers			
1st Child	\$140	\$150	
Siblings	\$130	\$140	
Developmental Swimmers*			
1st Child	\$60	\$65	
Siblings	\$55	\$60	

\*Developmental swimmers are aspiring young swimmers (4-7) who can swim 10 yards AND have the approval of the registrar. Developmental swimmers practice on Sunday only.

#### **School Year Practice Schedule:**

#### 8 & under

Tuesday/Thursday	4:25 – 5:25 pm
Sunday	8:00 - 9:00 am
Ages 9-18	
Tuesday/Thursday	4:55 – 5:55 pm
Sunday	7:00 - 8:30 am
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**Developmental** 

Sunday ONLY 8:00 – 8:45 am



For more information, including the summer competitive schedule, see the team's web site:

### www.greenbeltswimteam.com

Note: New swimmers should be comfortable in deep water and able to swim 25 yards (one length) of the pool. As a guide, swimmers who have completed "Advanced Beginner" or "Intermediate" level lessons usually have the necessary skills to enjoy the rewards of swimming with the team. Swim tests are required for all new swimmers.



Registration questions contact Leah Cohen at 301-220-1361 or rutabaga at gmail dot com

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