

Aquatics

2012

Ace Aquatics Swim Team Spring Training

April 16–June 8 • No Classes Monday May 28

Our goal for spring training is to get back to basics, working more on stroke drills, starts and turns, and racing technique. We will also continue to work on improving endurance, but that will be secondary to technique work. Our hope is to maintain fitness levels, enjoy the occasional game of water polo, and continue our positive team camaraderie. We try to offer more flexibility in choosing the number of days that work with your schedule. Prices are adjusted accordingly with the number of days you select to attend. We will be participating in a few meets this Spring.

This year, John Albanese will be running formal Water Polo training one day for each group.

Tuesdays 6:00–7:30PM 11 & Older Swimmers

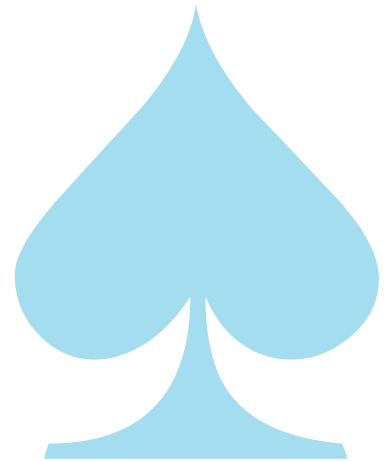
Thursdays 5:00–6:00PM 10 & Younger Swimmers

'A's: 8 & under swimmers = Hearts

'B's: 9/10 swimmers = Diamonds

'C's: 11/12 swimmers = Clubs

'D's: 13/18 swimmers = Spades



	A/ Bs 1 Hour Practice	C/D 1½ Hour Practice
One Day:	\$215	\$315
Two Days:	\$315	\$475
Three Days:	\$375	\$555
Four Days:	\$415	\$615
Five Days:	\$435	\$635
Non Members add \$50 to your fees		