



HAMPSTEAD HAMMERHEADS SWIM TEAM
SESSION 3: FEB 26 – MAY 24
IN-HOUSE MEET: MAY 19



(NO PRACTICE SPRING BREAK MARCH 26-30)

BRONZE 1 – \$140

MON/WED 4:15-5PM
 (2 POOL PRACTICES PER WEEK)

MUST BE ABLE TO SWIM AT LEAST 25 YARDS FREESTYLE AND 25 YARDS BACKSTROKE EACH WITHOUT STOPPING.

BRONZE 2 – \$170

MON/WED/THUR 4:15-5PM
 (3 POOL PRACTICES PER WEEK)

MUST BE ABLE TO SWIM 50 YARDS FREESTYLE AND 25 YARDS BACKSTROKE WITHOUT STOPPING. WORKING ON FLIP TURNS AND STARTS, BUTTERFLY, AND BREASTSTROKE.

SILVER 1 – \$150

MON/WED 4:30-5PM DRYLAND, 5-6PM POOL
 (2 DRYLAND PRACTICES AND 2 POOL PRACTICES PER WEEK)

MUST BE ABLE TO SWIM 50 YARDS FREESTYLE (INCLUDING SIDE BREATHING), 50 YARDS BACKSTROKE, AND 25 YARDS OF EITHER BREASTSTROKE OR BUTTERFLY WITHOUT STOPPING. WORKING ON FLIP TURNS AND STARTS.

SILVER 2 – \$180

MON/WED 4:30-5PM DRYLAND, 5-6PM POOL AND
 THUR 4:30-6PM POOL
 (2 DRYLAND PRACTICES AND 3 POOL PRACTICES PER WEEK)

MUST BE ABLE TO SWIM 50 YARDS FREESTYLE (INCLUDING SIDE BREATHING), 50 YARDS BACKSTROKE, AND 50 YARDS OF EITHER BREASTSTROKE OR BUTTERFLY WITHOUT STOPPING. SHOULD BE ABLE TO DO FLIP TURNS AND STARTS FOR EACH STROKE.

GOLD – \$210

MON 6-7:30PM POOL ONLY AND
 TUE/THUR 4:15-4:45PM DRYLAND, 4:45-6:15PM POOL
 (2 DRYLAND PRACTICES AND 3 POOL PRACTICES PER WEEK)

MUST BE ABLE TO SWIM 100 YARDS FREESTYLE (INCLUDING SIDE BREATHING), 100 YARDS BACKSTROKE, AND 50 YARDS OF BREASTSTROKE AND BUTTERFLY. SHOULD BE ABLE TO DO FLIP TURNS AND STARTS FOR EACH STROKE.

ASK FOR EQUIPMENT LIST RECOMMENDED FOR GOLD

Credit/Refund Policy: No refunds will be given unless documented medical reasons prevent an individual's participation. There are no refunds or make-ups for missing practice days, unless Coastal Fitness Center has to close the pool/facility for repairs. Closing for weather (unless it is excessive - ex. hurricanes) may not result in a make-up day(s).

Membership

Each swimmer or parent of the swimmer must have a membership to swim at Coastal Fitness Center. Options: 1) Full Coastal Fitness Membership, 2) Swim Parent Membership - available at a discounted rate of \$90 (valid ONLY during the swim team session) with no registration fee (\$60 savings), 3) Child Membership - available for \$50 per session. Membership must be paid in full at registration.

Meets

At the end of each swim team session, we will have an in-house swim meet. **Session 3 In-house Swim Meet - May 19.**

Dryland Practices

Swimmers need to wear closed-toed athletic shoes and gym clothes over their swimsuit for dryland workouts prior to pool workouts.

Online Registration

If you or your child are already a member, follow the directions for online registration and to sign the waiver. Please stop by the front desk to register or call 910-270-4044. <http://coastalfitnesscenternc.com/hampstead-hammerheads/>

All swimmers must have a signed Waiver and Release of Liability in order to swim.

Swimmer's Information

Member: Non-Member: (Must purchase a parent or child membership - see below)

Name: _____ Date of Birth: _____

Parent's Name: _____ Phone Number: _____

Home Address: _____ Email Address: _____

Parent/Guardian Signature: _____ Date: _____

Amount Paid: _____ Cash Credit Card Check Received by: _____