

# Shoreline Aquatic Club 2019 Long Course Season



**Shoreline Aquatic Club** is MRSC's USA swim team for the swimmer interested in a higher commitment and the next level of competitive swimming. Our mission is to inspire, empower, and motivate our athletes to perform at their highest level.

## Advanced / College Practice Group

April 22nd-Last Day of School \*

Monday-Friday 3:00-5:30pm

\*After Last Day of School– July 26th

Tuesday-Friday 7:00-9:00am

### Pricing

\$1,070 Non-Member /\$915 Member

Fee per week for partial season

\$85 Non-Member/ \$70 Member

## Pre-Senior Practice Group

April 22nd-Last Day of School\*

Monday-Friday 4:30-6:30

\*After Last Day of School– July 26th

Monday—Friday 9:00-10:30am

### Pricing

\$970 Non-Member/ \$805 Member

Fee per week for partial season

\$75 Non-Member/ \$60 Member

New USA Swim registrations will be subject to an additional \$75 USA registration fee.

\* Last Day of School is Madison Public School calendar\*

## Intermediate Practice Group

April 22nd-Last Day of School\*

Monday-Friday 5:30-7:00pm

\*After Last Day of School-July 26th

Monday-Friday 9:00-10:30

### Pricing

\$860 Non-Member/ \$700 Member

Fee per week for partial season

\$70 Non-Member/ \$55 Member

## Novice Practice Group

April 22nd-Last Day of School\*

Monday-Friday 6:00-7:00pm

\*After Last Day of School-July 26th

Monday-Friday 10:30-11:30am

### Pricing

\$600 Non-Member/ \$450 Member

Fee per week for partial season

\$45 Non-Member/ \$35 Member

*Please contact Coach Christina at (203)318-1811 or [christinaforristall@madisonracquet.com](mailto:christinaforristall@madisonracquet.com) for any additional information or questions about practice groups.*

**All swimmers on SLAC will also be member of the MADMarlins Summer Swim Team, and will participate in the MADMarlins Summer League Meets.**



**MADISON**  
RACQUET & SWIM CLUB

# Spring Competitive Swimming

## STAY FIT 2019

This program is open to all competitive swimmer interested in fulfilling a level of fitness for competitive swimming. This clinic provides not only an opportunity to improve overall fitness and technique, but also to meet other USA and high school swimmers and build team moral.

### 13 & OVER STAY FIT

One hour will consist of a dry-land workout, and one hour of swimming. Swimmers should arrive fifteen minutes prior to the start each day and should bring with them a cap, suit, goggles, sneakers, water bottle, and towel.

**Training will run Monday through Thursday 3:30-5:30pm**

### 12 & UNDER STAY FIT

One hour of swimming followed by a half hour of dryland. Swimmers should arrive fifteen minutes prior to the start each day and should bring with them a cap, suit, goggles, sneakers, water bottle, and towel.

**Training will run Monday through Thursday 5:30-7:00pm**

### Pick your weeks...

**Week 1: March 18th-March 21st**

**Week 2: March 25<sup>th</sup>-March 28th**

**Week 3: April 1st- April 4th**

**Week 4: April 8th- April 11th**

**Week 5: April 15th- April 18th**

Member 13&O \$65 per week  
12&U \$50 per week

Non-Member 13&O \$85 per week  
12&U \$65 per week

## Indoor Spring Stroke Clinics

These one week sessions are designed for novice competitive swimmers with little or no team experience that are either interested in competitive swimming for the first time, transitioning from swim lesson to swim team, or would like to try a competitive swim class without the long term commitment. These clinics focus on stroke refinement, starts, & turns. Clinics are taught by our SLAC/ MADMarlin Coaching staff.

**Pick your weeks: All Clinics run Monday- Thursday 5:30-6:30pm**

**Week 1: March 18th-March 21st**

**Week 2: March 25th- March 28th**

**Week 3: April 1st-April 4th**

**Week 4: April 8th-April 11th**

**Week 5: April 15th-April 18th**

Pricing : Member \$40 per week

Non-Member \$55 per week