



P.O. Box 100094
Cape Coral, FL 33910
(239)574-7108
swimcapecoral.com

Our goal is to afford all team members the opportunity to reach excellence in competitive swimming. The team is a member of United States Swimming, as a division of Swim Florida. Our coaches are all USS certified, and prepare swimmers for competition. This includes rules, stroke mechanics, and a competitive philosophy of good sportsmanship and successful training habits. Our swimmers attend both Swim Florida league meets and USS sanctioned meets. Swimmers on our team range in age from five through senior year in high school.

USS registration is a requirement, and each swimmer must produce a birth certificate or other acceptable proof of age.

Registration is \$60* (annual). From April 15 through August 31, there is a reduced summer registration offered. Swimmers registering after August 31 are registered for the remaining calendar year as well as the entire following calendar year.

There are four levels of participation (coaches make the final determination):

1. Bronze Levels: Practice Mon., Wed. and Thur. from 4:30 to 5:30, and 5:30 to 6:30, and Tue., Fri. 4:30 to 5:30 and 5:30-6:30 and Sat. 8:00 to 9:00 and 9:00 to 10:00 AM. The monthly fee is: \$50.00*
2. Silver: Practice Mon. through Fri. 6:30 to 7:30. The monthly fee is: \$55.00*
3. Gold: Practice Mon. through Fri. 4:30 to 6:30, and Sat. 8:00 AM to 10:00 AM. The monthly fee is \$65.00*
4. High School: Practice Mon. through Fri. 6:30 to 7:30. The monthly fee is \$30* for the first season, and then \$55* each season thereafter.

All swimmers are expected to have a competitive training swim suit, goggles, and swim cap for individuals with long hair (determined by coaches). At the Bronze level, practices are not mandatory, but no adjustment is made in fees for absences. Also, practices can be cancelled for weather conditions or high school meets scheduled for at our pool. Due to pool scheduling issues, cancelled practices will be made up only at the coaches' discretion. All practices are held at the Cape Coral High School pool (adjacent to the football stadium).

Tryouts are by appointment only. Our program runs all year long. The pool is heated in the winter months. New members must be able to swim in deep water. We do not offer swimming lessons.

Thank you for your interest in our program.

*Subject to change.