

## LONG COURSE 2010

Our Long Course Season will be starting on March 15. We will be offering two choices. One is our "Full Season" and goes from March 15 through the end of July (approximately).

The second goes from March 15 through the "End of the school year" ....see cost below.

Registration for current swimmers will be from February 15 - March 1. Registration for new swimmers, if room, will go from March 1 - March 15.

We train at the Belmont H.S. swim pool (221 Concord Ave). Practice time from March 15 until the "End of the school year" is as follows:

Monday & Wednesday from 4:20 - 5:50. (when possible, we may go until 6:20)

Tuesday & Thursday from 4:20 - 6:20.

Friday from 5:30 - 7:30.

Saturday from 7 - 9 am.

Practice time from the "End of the school year" through end of July.

Monday - Saturday from 7 - 9 am

Specific meet information will be posted as soon as we get it. We usually do 1 to 2

Long Course (50 meter pools) a month. Championships are held at the end of LC

for those who qualify. We are flexible with the meets, but do expect everyone to

to attend some meets. That's how we (coaches) measure how the swimmers are doing

and we need to work on.

Long Course - Full Season (March 15 - July 30 )

10 and Under: \$800

11 and Over: \$1000

Long Course - End of school year (March 15 - End of School Year)

10 and Under: \$650

11 and Over: \$800