



COLA's Pre-Senior II Group For High School Swimmers

Who:

All High School Aged Swimmers of all ability levels looking to get more involved in year round swimming and stay in shape all year.

Practice Times Offered:

*Tuesdays 4:30-5:30

*Wednesdays 3:30-4:30

*Saturdays 7:30-9:30 1 hour of Dry Land 1 hour of swimming

Pre-Senior II Cost:

\$60 monthly

\$64 USS Registration Fee- This is a yearly insurance fee paid through United States Swimming for insurance purposes. All Swimmers in our pool must pay this fee.

United States Swimming is the governing Swimming Body in the United States today.

When does it start?

We will start the week of Tuesday, November 27th.

What do I do to get started?

Fill out the attached Swimmers Information Form and Swimmer Emergency Form and bring it with your registration fee. You can drop it off at the pool anytime between 3:30 and 7:00 during the week or just bring it to your first practice. If you bring in your paperwork and registration fees in during the week of the 27th, you will receive \$20 off your first month!

If you have any questions or concerns, please call us at 337-989-1800 or email at colaswim@yahoo.com.