

COLA Summer 2008 **Swim Team and Swim Lessons Practice Times**

Swim Lessons:

Lessons will be from 12:00-12:30 **Tuesdays and Thursdays** with sessions beginning June 2nd and going for three weeks. Each session will last for three weeks and children will be grouped by age and ability.

Lesson Prices:

*Group Lessons: \$90 per swimmer with a \$20 second swimmer discount

*Private Lessons- one on one- \$135 per swimmer with a \$30 second swimmer discount

Swim Team Practice:

- **Early Bird** swimmers will begin a three weeks before the regular summer swimming program on Monday April 14th. They will swim Mondays, Tuesdays, Wednesdays, and Fridays from 6:00-7:00 pm at the Earl J. Chris Pool. We will make group assignments on the first day of practice.
- **Regular Summer Swimmers** will begin on Monday, May 12th. Practice will be held at the Earl J. Chris pool off of Eraste Landry on Mondays, Tuesdays, Wednesdays, and Fridays from 6:00-7:00 pm.

Mandatory Parent Meeting:

- On May 19th we will be having Mandatory Parent Meetings at the pool. The meetings will take place at 6:30. Your swimmers will have practice as usual and you will have a meeting. You will receive important information at this meeting please make plans to attend.

Summer Morning Practice Schedule: Beginning Tuesday, May 27th (No practice on the 26th due to Memorial Day)

-These practices will be held at Susan Street Aquatics (the Old Southside Pool), behind Lafayette High School on Susan Street.

- **Pre-Novice 1 – 11:00 am – 11:45 am**
 - This is for new swimmers learning to complete 25 yards of freestyle. This group is designed for the developing swimmer. Backstroke will be taught and Butterfly and Breaststroke skills may be introduced towards the end of the summer. The emphasis in this group is instilling confidence in the swimmer and an enjoyment of swimming. This group will consist mainly of beginner swimmers ages 6 and under.
- **Pre-Novice 2 - 11:00 am – 11:45 am**
 - This group is between the Maroon group and the White group. It is for swimmers who are grasping skills in Maroon group but are not yet ready to move on to the White group. This group will consist of 7 and under swimmers.
- **Novice – 11:00 am – 12:00 am**

- This group is for swimmers who can complete a 25 of Freestyle and Backstroke. Butterfly and Breaststroke will be introduced. The emphasis in this group is to continue building the swimmers confidence in and out of the water and working on stroke technique. This group will consist swimmers that are 8 years old and younger.
- **Age Group 1 – 12:00 am – 1:00 pm**
 - This group is for swimmers who can complete 25 yards of all four competitive strokes legally. Drills and sets are used during practice and this group will also begin to work on swimming 50s. The emphasis in this group is stroke technique. This group will consist mainly of more experienced 9 and 10 year olds.
- **Age Group 2 – 12:00-1:00pm**
 - This group is for the more experienced swimmer. Swimmers in this group will incorporate learning more advanced techniques such as pace clockwork and advanced drill work. This group will consist of more experienced swimmers that are 11 years and older.
- **Varsity Group – 11:45 am – 1:00 pm**
 - This group is for high school swimmers who are swimming the summer to work on their swimming skills for the high school season.

Summer Evening Practice - Tuesdays and Thursdays 6:00-7:00pm

-There will be an evening practice option open to all at the Earl J. Chris Pool of off Eraste Landry. Times will be announced at the Parent Meeting.

****This year our last day of summer swimming will be Thursday, July 10th.**

****All practice times are subject to change dependent upon summer volume.**

****We will do our best to put families with siblings or carpools in groups together to avoid time conflicts.**

****We want this summer to be a pleasant experience for you and your swimmers. Please let us know if there is anything we can do to help!**