

PROGRAM DUES

WHITE GROUP

White I \$ 200 / session

White II \$ 225 / session

BLUE GROUP

Blue I \$ 1260 7 months
9/19 - 3/27

Blue II \$ 1350 7 months
9/20 - 3/28

Blue III \$ 2460 11 months
9/7 - 7/27

RED GROUP

Red I \$ 1410 7 months
9/12 - 3/27

Red II \$ 2460 11 months
9/7 - 7/27

For discounts and payment options, please see the Registration form.

Consider our non-competitive groups for a lower commitment level. They meet once per week and are a natural bridge from swim lessons to swim team.

NB We also have a Spring session for BI, BII, RI Mid April to end of May.

At FAST we believe in simplicity, attention to detail, and motivating our athletes to...

"Dream Big, Train Hard, and Swim FAST!!"

We're small in numbers, big on results, and huge on opportunity.

We won't promise you Olympic success, world records, or even college scholarships. All we promise is the **opportunity** to succeed, and the support and coaching to show you the way.

Your child's safety and well being is our top priority. At FAST, our programs are run by experienced, knowledgeable, certified USA Swimming coaches. Our staff has undergone training in Athlete Protection, Safety Training for swim coaches, and all have passed their background checks.



WWW.FAST92.ORG

For more info, please contact

Manga Dalizu
FAIRLANDSWIM@COMCAST.NET

(301) 526 - 6597

FAIRLAND AQUATICS SWIM TEAM

Celebrating 20+ years of Excellence!

Since 1992 our program has been developing swimmers from novice through senior levels. We are well represented at local championship meets (Junior Olympics, Sr Champs) as well as Regional and Junior National levels.

In March, Abbey Holmes competed at her second NASA Junior National meet in Clearwater, FL., and qualified for Finals in 50 Breaststroke, finishing 14th overall. FAST may be the smallest club at Fairland, but for three years in a row we have had the highest performing athlete.

We bid farewell and Good Luck to our seniors as they head to college this Fall;

Lydia Ditzenberger University of South Carolina
Jonas Lee University of MD, College Park
Kenni Patrick Ohio State University
Abbey Holmes Assumption College

Abbey will continue swimming this Fall on scholarship.

With many team to choose from, the obvious question is why FAST? What separates us from everyone else is simple. We pay attention to ALL swimmers at ALL levels. We're interested in the potential that every swimmer possesses, and we are fully committed to developing that potential.

WHITE GROUP

Ages 5 - 9

Our primary focus is that kids have fun and learn basic skills that will lay the foundation as they get older. These skills include, but are not limited to, streamlining, good kicking, proper technique, flip turns, and good breathing habits. All swimmers must be able to comfortably swim 50 yards non stop.

At these ages it can be as rewarding as it is frustrating to watch your child. One day they swim great and have excellent technique, and the very next day they look like they never learned how to swim. The only remedy for these situations is patience and understanding.

Swimmers MUST be comfortable in 13' of water.

Session I	September 19 - October 26
Session II	November 7 - December 14
Session III	January 2 - February 8
Session IV	February 20 - March 27
Session V	April 12- May 24 (Spring session)

White I Ages 5 to 7 (Entry level)
\$ 200 / session

Monday, Wednesday	5:15 - 6:00 pm
Saturday	7:00 - 8:00 am

White II Ages 6 to 9
\$ 225 / session

Monday, Wednesday	6:00 – 7:00 PM
Saturday	7:00 – 8:00 AM

White I is for novice, first time swimmers. White II is for swimmers with a little more experience, typically at least one season of summer league swimming.

BLUE Ages 9 to 14

This group has swimmers ranging from novice to championship meet qualifiers. Our emphasis is having fun, stroke development and stroke refinement. There is also a conditioning component as well to ensure that swimmers have the fitness level required to swim proper strokes.

The natural progression within Blue is Blue I into Blue II and then into either Blue III (for those who want swimming to be their primary sport) or Red I.

Swimmers must be capable of comfortably swimming at least 200 yards, and should include 50 yards of free and 50 yards of back.

Blue I Ages 9 to 12 2+ practices / wk
9/19 - 3/27 \$ 1260.00

Monday, Wednesday	6:00 - 7:00 pm
Saturday	7:00 - 8:00 am
Friday	5:30 - 6:45 am

Blue II Ages 10 to 13 2+ practices / wk
9/20 - 3/ 28 \$ 1350.00

Tuesday, Thursday	5:15 - 6:30 pm
Saturday	7:00 - 8:00 am
Friday	5:30 - 6:45 am

NB There is a Spring session from mid-April to May for Blue I and II to gear up for summer league.

Blue III Ages 11 - 14 4+ practices / wk
9/7 - 7/27 \$ 2460.00

Tuesday, Thursday	4:00 - 5:45 pm
Friday	4:00 - 5:30 pm
Tuesday, Friday	5:00 - 6:30 am
Saturday	7:00 - 8:30 am

Blue III is by coaches invitation only

RED Ages 13+

This group is for swimmers in 8th grade and above, and includes swimmers interested in staying in shape for high school / summer league teams to those athletes striving to compete at the regional and national level, and even in college.

Workouts involve a mix of stroke technique, progressive conditioning, and social interaction in all three groups. Since most swimmers are in high school, we understand they often have many interests besides swimming. As a result, our flexible coaching approach encourages and helps foster growth and maturity. We expect our athletes to take ownership and responsibility for their development, and make them accountable for their success.

Red I Ages 13 + 3+ practices / wk
9/12 - 3/27 \$ 1410.00

Monday, Wednesday	4:00 - 5:15 pm
Friday	4:00 - 5:30 pm
Tuesday	5:00 - 6:30 am
Saturday	7:00 - 8:30 am

NB There is a Spring session from mid-April to May for Red I to gear up for summer league.

Red II Ages 14 to 18 4+ practices / wk
9/7 - 7/27 \$ 2460.00

Monday, Friday	4:00 - 6:00 pm
Tuesday, Thursday	4:00 - 6:00 pm
Tuesday, Friday	5:00 - 6:30 am
Saturday	7:00 - 8:30 am

Red II is by coaches invitation only