

# PROGRAM DUES

## WHITE GROUP

White I \$ 200 / session

White II \$ 225 / session

## BLUE GROUP

Blue I \$ 1260 7 months  
9/ 16 - 3 / 30

Blue II \$ 1350 7 months  
9/ 17 - 3 / 31

Blue III \$ 2460 11 months  
9/ 5 - 7 / 23

## RED GROUP

Red I \$ 1410 7 months  
9/ 5 - 3 / 30

Red II \$ 2460 11 months  
9/ 5 - 7 / 23

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](http://WWW.FAST92.ORG)

For more info, please contact

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# FAIRLAND AQUATICS SWIM TEAM

*Celebrating 25+ 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.

If your goal is to find a small, close knit team for your children, consider FAST. If you're looking for something different from the 'Big Box store' approach to competitive swimmer, you'll love our 'Mom and Pop store' qualities and attributes.

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.

Our facility is conveniently located in Laurel, just minutes off I-95, Rte 29, Rte 1, and the ICC. We're much closer than you think.

## 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 23 - October 30
Session II	November 11 - December 18
Session III	January 6 - February 12
Session IV	February 24 - March 30
Session V	April 15 - May 20 (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 11      2+ practices / wk  
9/16 - 3/30      \$ 1260.00

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

Blue II      Ages 11 to 13      2+ practices / wk  
9/17 - 3/ 31      \$ 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  
9/5 - 7/23      \$ 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  
9/5 - 3/22      \$ 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  
9/5 - 7/ 23      \$ 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 - 9:00 am

Red II is by coaches invitation only