



## 2009-2010 Fall Team Practice Schedule (September - December)

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>Elite</b>	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM		6:30-8:30AM
<b>Platinum</b>	6:30-8:00PM		6:30-8:00PM		3:30-5:00PM	8:30-10:AM
<b>Gold</b>		5:30-7:00PM		5:30-7:00PM		8:30-10AM
<b>Silver</b>	5:30-6:30PM		5:30-6:30PM		5:00-6:00PM	

For a quality team practice, it is imperative to have every swimmer come to practice on time and stick to the designed group, not switching practice time per your needs. All swimmers in a group are in similar condition, skill level and age; hence practices can be done enjoyably and smoothly with quality for the swimmers.

### Monthly Due Seasonal Increase

Due to rental increase, we have to make following adjustment on monthly due for each group to keep our team above the water and cash flow positive. 20% siblings discount still applies.

<b>Practice Season</b>	<b>Elite</b>	<b>Platinum</b>	<b>Gold</b>	<b>Silver</b>
<b>Summer &amp; Spring</b>	\$170.00	\$160.00	\$150.00	\$130.00
<b>Winter &amp; Fall</b>	\$195.00	\$180.00	\$170.00	\$150.00

**First Day for Team Practice: Tuesday Sept 8, 2009**

**Swimming Season Break:** Aug 15 – Sept 5 (No team activities)

### Team Group Reorganization

Based on the current swim levels and age groups, we have to reorganize groups again to fit the limited lane space. We will make the following group changes below based on three considerations: swim skill, age, and siblings.

**Elite:** Swimmers 13 & up meeting the following requirements, with JO time, Far Western Times or at similar level with siblings in the Elite group.

**Platinum:** Swimmers 10-13 years old, who have been on our team program for about a year or longer.

**Gold:** Swimmers 8-12 years in age, or fast enough to be in gold group if little younger.

**Silver:** Swimmers 6-12 years young, not ready to move up to Gold, or too young or too fresh to move up.

**Pre-comp:** There will no longer be a pre-comp group any more. Calphin Aquatic Club will offer multi-lesson discount for their current stroke improvement lessons or similar programs to welcome and accommodate the current pre-comp swimmers and the swimmers temporarily down-sized from the team.

**Location:** Calphin Aquatic Club (34075 Fremont Blvd. Fremont, CA 94555)

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