SWIM TEAM

Benefits of Joining a swimming team

ACADEMIC AND EXTRACURRICULAR ADVANTAGES

- Enhances school applications by showcasing discipline, commitment, and teamwork.
- Contributes to extracurricular credits or achievements on school transcripts, creating a well-rounded academic profile.

TRAVEL AND EXPERIENCE

- Participation in swim meets offers valuable travel experiences and exposure to new locations and cultures.
- Team travel fosters personal growth, independence, and enhanced social interactions within the aquatic community.

CAREER OPPORTUNITIES

- Experience in swimming can lead to jobs in aquatic activities like lifeguarding, coaching, or swim instruction.
- Skills like teamwork, leadership, and time management gained from swimming are valuable in various careers and improve job prospects.

SKILL AND EXPERIENCE DEVELOPMENT

- Regular practice and competition significantly improve swimming techniques and overall performance.
- Competing in swim meets builds experience and confidence in Competitive environments.

PERSONAL AND PROFESSIONAL GROWTH

- Discipline and Time Management, Balancing personal life develops effective time management and organizational skills.
- Leadership and Teamwork: The team environment fosters leadership skills and enhances the ability to work towards common goals

WHY JOINING THE SWIM TEAM?

We are part of the USA swimming

All team members are encouraged to compete for additional experience.

Welcome Level 7/PT Achievers: Time to Try Out for Our Swim Teams!

WE have both practice location in

- Manhattan
- Brooklyn

For more detail please check the following page

For further information or to address any concerns, please contact our office (646) 661-1038 directly.
We look forward to a successful swim season

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Swim Team Schedule Overview

- **General Information**

  USA Swimming Competitions: Pre-Team, Bronze, and Silver members are encouraged to compete for experience.
  Registration per session: Register for individual practice sessions as needed
  Annual Registration: All team members can now register annually or semi-annual for streamlined scheduling.

- **Practice and Meet Schedule**

  Swim Meets: No regular practices on meet days. If desired, students may attend practice after a meet during the Pre-Team hour at our Manhattan location on weekends.

- **Location Policy**

  Weekend Practices: For optimal training results, there will be no switching between Manhattan and Brooklyn locations for weekend practices once they start, except for necessary repairs.

- **Practice Recommendations**

  Pre-Team/Non-Competition: 1-2 days per week. Options include short or long distance practices.

  Silver Teams: at least 2 days or up to 5 per week, with a focus on long distance. Optional weekday practices.

  Gold / Elite Team: Mandatory practices on Saturday and Sunday, with optional Tuesday sessions. Swimmers can practice up to 5 days a week, with additional short-distance sessions (additional cost applies).

Swimmer's schedule: Assigned by the head coach. Parents will receive schedules via text or team group chat
Student with Limited weekend and weekday practices may lead to reassignment by coach or via text

Swim Team practice schedule 2025

Manhattan Swim Pool Location - 350 Grand Street, Manhattan, NY 10002
Please use Ludlow Street Entrance, if close please try the Grand street entrance

Short Distance	Long Distance	
Please look at L7/PT level schedule	- Tuesday: 5:30pm or 6:30pm - Saturday: 5:30pm or 6:30pm - Sunday: 4:30pm or 5:30pm 6:30pm	Please be advised that the final practice schedule will be confirmed based on the number of members. We will provide updates accordingly by team group chat or text

Brooklyn Swim Pool Location - 883 Classon Ave, Brooklyn, NY 11225
Please use Union Street, Door #3 for Swim Pool Entrance or the Main Entrance on Classon Ave

Short Distance	Swim Team (Silver)	Swim Team (Gold)	Swim Team (Elite)
Please look at L7/PT level schedule	- Saturday 12:45pm - Sunday (TBA)	- Saturday 2:00pm - Sunday (TBA)	- Saturday 3:30pm - Sunday (TBA)

Practice Location and Schedule Updates
Please note that our practice location and schedule will be updated every three months by head coach.
For the latest news and any changes, be sure to check regularly.

Weekend practices will be held at either our Manhattan or Brooklyn locations.
If a location is unavailable, we will switch to the alternate location. Updates will be communicated via text or group text.

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Swimming Team Information

OR refer to the next page for information on the annual membership.

Swim Team Schedule

- Pre-Team or New Swimming Team member also recommend joining the USA Swimming Competition for outside Competition event
- **For better expanding our Swim Team coming this year, any Team member will be able to register for annually, semi-annual or by session**
- For better result from our Coach training swim team member, there No location switching between Manhattan and Brooklyn for the weekend schedule after each session start. Unless the location need to close for repaired, else there's no location switching for any reason.
- **If you are part of USA swimming team members:** If we have swim meet that day, meaning no swimming practices. If student are willing to come in practice after a meet, they can come in on the Pre-Team hour in Manhattan location on weekend for practice.

Suggestion for New swimmer who are joining Pre-Team / Swim Team member:

- Practice 1 day per week or up to 2-4 days per week
- Pick 1 day swim short distance (1 hour) from Level 6 or Level 7 time slot, Another day pick from Long Distance (1-1.5 hours)
- Or pick both day practice for long distance (1 hour - 1.5 hour)

Register by sessions (10 week program)	
60 mins practice per week for 10 week - Short Distance Choose 1 hour short distance practice time slot, will mixed with Level 6 or Level 7 together	**$500**
60–90 mins practice per week for 10 week - Long Distance Choose Long Distance Practice (Saturday 5:30pm, Sunday 4:30pm or Tue 5:30pm)	**$600**
Twice per week, practice at weekend only, each practice 60–90 mins for 10 week (Recommend) **2x** per week at weekend for Short or Long Distance Practice (1 to 1.5hr each time)	**$750**
Twice per week, practice at weekday only, each practice 60 mins for 10 week **2x** per week at weeknight for Short or Long Distance Practice (1 hour each time)	**$750**
Mix weekend and weekday Schedule - practice Twice per week (1 to 1.5hr each time) **(Recommend)** ◆ **+$20** for additional 1 more practice during the week, total 3 times per week ◆ **+$30** for additional 2 more practice during the week, total 4 times per week ◆ **+$40** for additional 3 more practice during the week, total 5 times per week **(Not including Monday Practice)**	**$800** $820 / x3 $830 / x4 $840 / x5

Registration per weekend ONLY: Students who register on a per-class basis will incur a cost of

- **$100** for one weekend practices (both Saturday and Sunday in the same week)
- **$80** for each individual practice on a weekday or for one weekend practice (Saturday or Sunday).

No Make-Up class for swimmers who swim twice or more practice per week.
**Additional $20 each time for additional practice or switch practice time during the week.

Basic Rules for New Joining Swimming Team Members (Long-Distance Practice)

Wear Proper Swim Gear

- **Required**: Jammers (for men), one-piece swimsuits (for women), silicone swim caps, and proper goggles.
- **Not Allowed**: Swim trunks, long sleeves, skirts, or other non-standard attire. These are not permitted for long-distance swim practice.
- For more details and a complete set of rules, please refer to the **Team Handbook** on **page 4** at this link: www.royalswim.com/250405

Punctuality and Attendance

- Arrive on time for practice sessions.
- **Important Note**: There will be **no make-up classes** for members who swim **2 or more practices per week**. Please plan to attend your scheduled practices.

Work Hard, Stay Focused

- Give your best effort during each practice, particularly in long-distance swims, where endurance and focus are key.

Good Sportsmanship

- Always show respect and celebrate the achievements of others, whether during practice or at swim meets.

Safety First

- Follow safety protocols during long-distance training and notify the coach if you feel unwell or need assistance.

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USA Swimming Members (Recommend)

Annual Package (Recommend) — Period: 10/1/25 to 9/30/26

$2600 Annually Special	**Saturday & Sunday practice** **(At least 80 swim practices will be held per year, including swim meets)** - additional **FREE** practice on **Tuesday** when available (with no extra charge) - Space are limited, swimmer have High attendant % will have first priority for their practice day choose before each new session start **Pay in full or Installment plan: First payment $1000 must pay before 9/15 each year** Second installment: 11/1/25 $1000, 12/1/25 $600 as last installment

Semi- Annual Package (Recommend) — Period: 4/1/25 to 9/30/25

$1450 Semi-Annually Special	**Saturday & Sunday practice** **(At least 80 swim practices will be held per year, including swim meets)** - additional **FREE** practice on **Tuesday** when available (with no extra charge) - Space are limited, swimmer have High attendant % will have first priority for their practice day choose before each new session start **Pay in full $1450 before 3/15** **Installment plan: First deposit $800 before 3/15; Second installment $700 before 4/15** Installment must be paid in full before **5/1/25** to avoid any additional interest charges.

****Please note, this Annual or Semi-Annual package are special promotion and non-refundable.**
No Make-up classes refunds or credits will be issued for any reason, including trips, health issues, etc...

Essential Details for Participating in USA Swimming Information — **non-refundable or credits

** **$290 Semi-annual (April 1st to September 30th each year)**
- $90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)
- $200 for **Four** swimming competition within the annual (*Additional charge $70 for additional competition)

** **$490 (Recommend) For Annual swimmer (October 1st to September 30th each year)**
- $90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)
- $400 for at least **Eight** swimming competition within the annual (*Additional charge may apply for more competition)

Additional Monday Practice for Elite/Gold Members

Please note that adding an extra Monday swim practice will **incur an additional fee**.

Team Practice Durations

Silver Team	60-75 minutes per practice (Based on coach's lesson plan)
Gold Team	60 minutes or more (Based on coach's lesson plan)
Elite Team	60minutes or more (Based on coach's lesson plan)

****Team practice durations are designed based on each level. Each team has a different lesson plan created by the coach, resulting in varying practice durations.**

Team levels will be adjusted based on swimmers' performance, including speed improvements and attendance (Lateness and practice/meets participations)
Swimmers who meet the requirements will be promoted, while those who do not may be demoted

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