

# 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

## 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 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.

**Bronze/Silver Teams:** 2-3 days per week, with a focus on long distance. Optional weekday practices.

**Gold Team:** Mandatory practices on Saturday and Sunday, with optional Tuesday sessions.

Student with Limited weekend and weekday practices may lead to reassignment.

**Team Swimmer's Time Slots:** Assigned by the head coach. Parents will receive practice schedules via text.

## Swim Team practice schedule 2024 September to December

### 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 be advised that the final practice schedule will be confirmed based on the number of members. We will provide updates accordingly.
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	

### Brooklyn Swim Pool Location - 883 Classon Ave, Brooklyn, NY 11225

Please use Union Street, Door #3 for Swim Pool Entrance / If Union St door close then you can use the Main Entrance at Classon Ave

Short Distance	Swim Team (Silver)	Swim Team (Gold)	Swim Team (Elite)
Please look at L7/PT level schedule	- Saturday 1:30pm-2:45pm - Sunday (TBA)	- Saturday 2:45pm-4:00pm - Sunday (TBA)	- Saturday 4:00pm-5:15pm - Sunday (TBA)

### \*\*Practice Location and Schedule Updates

Please note that our practice location and schedule will be updated every three months.

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 WeChat.

## Team Package

### Package A Register by Annual (All four sessions) (Recommend)

<p><b>\$2600</b> Annually Special</p>	<p><b>Saturday &amp; Sunday practice, (At least 80 swim practices will be held per year, including swim meets )</b>                  - additional practice on <b>Tuesday</b> 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                  -The annual fee period is from <b>October 1, 2024 to September 30, 2025.</b></p> <p><b>Pay in full or Installment plan: First deposit \$700 (ONLY register before 10/1/24)</b>                  Follow up payment: 11/1/24 \$700, 12/1/24 \$700 and before 2/1/25 \$500 as last payment</p>
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### Package B Register by sessions

<p><b>Team Package B</b> Register by <b>10 week program</b></p>	<p><b>60 mins practice per week for 10 week - Short Distance</b> Choose 1 hour short distance practice time slot, will mixed with Level 6 or Level 7 together</p>	<p><b>\$480</b></p>
	<p><b>60 mins practice per week for 10 week - Long Distance</b> Choose 1 hour long distance practice time slot (Saturday 5:30pm or Tuesday 5:30 Manhattan location)</p>	<p><b>\$520</b></p>
	<p><b>90 mins practice per week for 10 week - Long Distance</b> Choose Long Distance Practice (Saturday 5:30pm, Sunday 4:30pm or Tue 6:30pm)</p>	<p><b>\$600</b></p>
	<p><b>Twice per week, practice at <u>weekend only</u>, each practice 60-90 mins for 10 week (Recommend)</b> 2x per week at weekend for Short or Long Distance Practice (1 to 1.5hr each time)</p>	<p><b>\$700</b></p>
	<p><b>Twice per week, practice at <u>weekday only</u>, each practice 60 mins for 10 week</b> 2x per week at weeknight for Short or Long Distance Practice (1 hour each time)</p>	<p><b>\$700</b></p>
	<p><b>Mix weekend and weekday Schedule - practice <b>Twice</b> per week (1 to 1.5hr each time) (Recommend)</b></p> <ul style="list-style-type: none"> <li>◆ <b>+\$20</b> for additional 1 more practice during the week, total 3 times per week</li> <li>◆ <b>+\$30</b> for additional 2 more practice during the week, total 4 times per week</li> <li>◆ <b>+\$40</b> for additional 3 more practice during the week, total 5 times per week</li> </ul>	<p><b>\$820 / x3</b> <b>\$830 / x4</b> <b>\$840 / x5</b></p>
	<p>◆ <b>Registration per weekend ONLY:</b> Students who register on a per-class basis will incur a cost of                  -\$100 <u>per weekend practice</u>                  -\$80 <u>per one weekday + one weekend practice</u></p> <p><b>**No Make-Up class for 1 day long distance swimmer and also who swim twice or more practice per week.</b>  <b>**Additional \$20 each time for additional practice or switch time during the week.</b></p>	

### Announcing Additional Monday Practice for Swim Team Members

Please note that adding an extra Monday swim practice will incur an additional fee.  
Details about this new option will be available soon.

### Essential Details for Participating in USA Swimming Information

<p><b>** \$290</b></p> <ul style="list-style-type: none"> <li>◆ \$90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)</li> <li>◆ \$200 for <b>Four</b> swimming competition within the annual (*Additional charge \$70 for additional competition)</li> </ul>
<p><b>** \$490 (Recommend)</b></p> <ul style="list-style-type: none"> <li>◆ \$90 Annually fees for USA Swimming competition ID (Sept 2024 to August 2025) and One Team Cap (extra charge for additional cap)</li> <li>◆ \$400 for at least <b>Eight</b> swimming competition within the annual (*Additional charge may apply for more competition)</li> </ul>

# 游泳隊

## 加入游泳隊的好處

### 學術與課外活動優勢

- ◆ 提升學校申請：展示紀律、承諾和團隊合作精神
- ◆ 有助於課外活動的學分或成就，為學校成績單創造全面的學術形象。

### 旅行與經驗

- ◆ 參加游泳比賽提供寶貴的旅行經驗，讓人接觸到新的地點和文化
- ◆ 團隊旅行促進個人成長、獨立性和增強在水上社區內的社交互動

### 職業機會

- ◆ 游泳經驗可以導向從事水上活動的工作，如救生、教練或游泳教學
- ◆ 游泳所獲得的團隊合作、領導力和時間管理技能對各種職業都很有價值，並提升就業前景

### 技能與經驗發展

- ◆ 定期練習和比賽能顯著提高游泳技術和整體表現。
- ◆ 參加游泳比賽積累競技環境中的經驗和自信。

### 個人成長與職業發展

- ◆ 紀律與時間管理：平衡個人生活，發展有效的時間管理和組織技能。
- ◆ 領導力與團隊合作：團隊環境促進領導技能，提升朝著共同目標努力的能力。

為什麼加入  
游泳隊？

我們參加是美國游泳協會

我們鼓勵所有隊員參加比賽以獲取更多經驗



第七級或以上畢業的學生  
隨時可以試加入我們的游泳隊

我們在以下地點提供練習：

- ◆ 曼哈頓
- ◆ 布碌崙

欲了解更多詳情，請查閱以下頁面：



如欲了解更多資訊或任何問題，請直接聯絡我們的辦公室 (646) 661-1038  
我們期待一個成功的游泳賽季



## 游泳隊時程概覽

### ◆ 一般資訊

USA Swimming 比賽：鼓勵 Pre-Team、Bronze 和 Silver 成員參加比賽以獲得更多經驗。

每次註冊：根據需要註冊個別的練習課程。

年度註冊：所有隊員現在可以選擇年度註冊，以便進行簡化的排程。

### ◆ 練習和比賽時程

游泳比賽：比賽日沒有常規練習。如果需要，學生可以在比賽後參加週末在我們曼哈頓地點的 Pre-Team 時段練習。

### ◆ 地點政策

週末練習：為了達到最佳訓練效果，週末練習一旦開始，曼哈頓和布魯克林地點之間不會進行調整，僅在必要的維修情況下例外。

### ◆ 練習建議

Pre-Team/非競賽組：每週 1-2 天。選擇包括短距離或長距離練習。

Bronze/Silver 隊伍：每週 2-3 天，重點放在長距離。提供選擇性的平日練習。

Gold 隊伍：要求每週六和週日參加練習，週二練習為選擇性。  
隊員有限的週末和工作日練習可能會導致重新分配。

隊員的練習時間段：由總教練分配。家長將通過短信收到練習時間表。

## 游泳隊練習時程 2024 年 9 月至 12 月

曼哈頓泳池地點- 350 Grand Street, Manhattan, NY 10002

請使用 Ludlow Street 入口。如果 Ludlow Street 入口不方便，請嘗試使用 Grand Street 入口

短池訓練	長池訓練	
請查看 L7/PT 等級的練習時程	- 星期二 : 5:30pm or 6:30pm - 星期六 : 5:30pm or 6:30pm - 星期日 : 4:30pm or 5:30pm	請注意，最終的練習時程將根據成員人數來確定。我們將會相應地提供更新。

布碌崙泳池地點- 883 Classon Ave, 布碌崙, NY 11225

請使用Union街, 3號側門進入泳池 如果Union街側門無法進入, 請使用Classon Ave學校正門進入

短池訓練	游泳隊 (銀組)	游泳隊 (金組)	游泳隊 (精英組)
請查看 L7/PT 等級的練習時程	- 星期六 1:30pm-2:45pm - 星期日 (待定)	- 星期六 2:45pm-4:00pm - 星期日 (待定)	- 星期六4:00pm-5:15pm - 星期日 (待定)

### \*\*練習地點和時程更新

請注意，我們的練習地點和時程每三個月會進行更新。請定期查閱最新消息和任何變更。

### 週末練習將在我們的曼哈頓或布魯克林地點進行

如果某個地點無法使用，我們將切換至另一個地點。更新將通過短信或 WeChat 通知

## 團隊課程Package

### 泳隊課程A年費報名 包括一年四季 (超值)

<b>\$2600</b> 年費優惠	<p>星期六和星期日練習 (每年將至少舉行 80 次游泳練習, 包括游泳比賽)</p> <ul style="list-style-type: none"><li>- 在有空位的情況下, 星期二提供額外練習 (無需額外收費)</li><li>- 位置有限, 每學期開始前出席率高的游泳隊員將會有優先選擇練習時間</li></ul> <p>-年費期間為 <u>2024 年 10 月 1 日至 2025 年 9 月 30 日</u></p> <p>全額付款或分期付款: 首期 \$700 (只限 10/1/24 之前報名) 後續付款: 11/1/25 \$700, 12/1/25 \$700 和 2/1/26之前 \$500 尾款</p>
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### 泳隊課程B—10週課程

泳隊課程B 報名 10週課程	每週 60 分鐘練習 / 10 週 - 短池訓練 選擇60分鐘短池訓練, 與6級或7級一起訓練	\$480
	每週 60 分鐘練習 / 10 週 - 長池訓練 選擇一天有60分鐘的長池訓練 (星期六 5:30pm 曼哈頓地點)	\$520
	每週 90 分鐘練習 / 10 週 - 長池訓練 選擇一天有90分鐘的長池訓練 (星期日 4:30pm 曼哈頓地點)	\$600
	每週兩次, 僅星期六和日練習, 每次練習60-90分鐘 / 10星期 (推薦) 每週末2x 短池或長池練習 (每次 1 至 1.5 小時)	\$700
	每週兩次, 僅平日練習, 每次練習 60 分鐘, 持續 / 10星期 每週2x次, 在平日晚上進行短池或長池練習 (每次 1 小時)	\$700
	<b>***週末和平日混合安排 - 每週練習兩次 (每次 1 至 1.5 小時) (推薦)</b> <ul style="list-style-type: none"><li>◆ +\$20 每週多 加額外練習 1 次, 每週共 3 次練習</li><li>◆ +\$30 每週多 加額外練習 2 次, 每週共 4 次練習</li><li>◆ +\$30 每週多 加額外練習 3 次, 每週共 5 次練習</li></ul>	\$800 \$820 / x3 \$830 / x4 \$840 / x5
	◆ 僅週末註冊: 每堂課註冊的學生將產生以下費用: <ul style="list-style-type: none"><li>- \$100只註冊每週末練習</li><li>- \$80 只註冊每週一天 + 週末一天練習</li></ul> <p><b>**對於每天長距離游泳的學生或每週參加兩次或更多練習的學生, 不提供補課。</b></p> <p><b>**額外練習或每週時間調整每次需額外支付 \$20。</b></p>	

### 公告: 為游泳隊成員新增週一練習

請注意, 新增的週一游泳練習將會產生額外費用。關於此新選項的詳細資訊將很快提供

### 參加美國游泳總會的基本資訊

<p><b>** \$290</b></p> <ul style="list-style-type: none"><li>◆ \$90 年度美國游泳總會比賽證 (2024年9月至2025年8月) 和團隊游泳帽 (第二或更多泳隊帽將額外收費)</li><li>◆ \$200每年四次游泳比賽 (*第五次或更多比賽可能需要額外收費\$70一次比賽)</li></ul>
<p><b>** \$490 (超值)</b></p> <ul style="list-style-type: none"><li>◆ \$90 年度美國游泳總會比賽證 (2024年9月至2025年8月) 和團隊游泳帽 (第二或更多泳隊帽將額外收費)</li><li>◆ \$400每年八次游泳比賽 (*第九次或更多比賽可能需要額外收費)</li></ul>