

Content:

- Page 1: News and Notes
- Page 2: Manhattan Swim Schedule and information
- Page 3: Brooklyn Swim Schedule and information
- Page 4: Suggestion for Swim Class uniform & Absence and Make-up Class Policy
- Page 5: FAQ Rule & Refund Policy
- Page 6: Swimming Team info

To: All Students and Parents:

1. Good News! Our New Brooklyn indoor swimming pool is located by the Brooklyn Botanical Garden, newly renovated with warm 82 degree water, convenient transportation and parking. Please see page 3 for schedule and details.
2. New Swim Session for Manhattan and Brooklyn location (1/3/25 to 3/28/25) registration is now available. Due to the limited spots, **in order to ensure that the current student's spot is reserved with early bird discount, please register before 11/26/24**, After 11/27/24, open spots will be offered to new students.
3. **Early Bird** payment for current students is before 11/26 by check, credit card, cash and QuickPay (Zelle). Please make payments by check if possible, as it is our preferred method of payment. After 11/27 only Check, Money Order, Credit Card or QuickPay (Zelle) will be accepted.
4. If you like our swim program, please refer your friends and family to our Manhattan or Brooklyn Location. If a new student referred by you joins our program at either location, you will receive a \$30 voucher, which can be redeem on your next session's registration!
5. **"Adult Beginner Special"** Register for weeknight classes by 11/6/24 — current students \$380, and new or returning students \$410 (Wednesday or Thursday), After 11/6/24 will be \$440
6. Because our staff is usually at the pool area or in the water, if you need to communicate with us, **text messages to (646) 661-1038 are preferred, and will receive a quicker response than email or phone calls.**

***If student has an absent or will be absent**

Please text office 1-646-661-1038 to schedule makeup lesson as soon as possible. Thanks!

Student / Instructor Ratio

Pre- School To Level 3

1 Instructor / 3 to 4 students
1 Instructor & 1 TA / up to 7 students

Level 4 to Level 7

1 Instructors / 4 to 6 students
1 Instructor & 1 TA / 7 students and up

Private or Semi Private Lesson

1 Instructor / 1-2 Students

Private Lesson: 1 instructor to 1 student ratio

Semi Private: 1 instructor to 2 student ratio

Available for children and adult.

Please text for more info: (646)-661-1038

Or call for more info: 1-(888)-831-0688

Adult Special, Beginner level only (Wed & Thursday)

For current student \$380 register before 11/26/24,

For new and return student \$410 before 12/10/24

\$440 after 12/11/24

(can not combine other promotion)

Register Info for New Student:

New Student can Text Message to

646-661-1038 for register

We will reply your message when we add student name on our list.

Mail and Check payable to:

Royal Athletic

P.O. Box 754178, Forest Hills, NY 11375

Manhattan Location - 2025 January to March session

Swimming Pool Location: 350 Grand Street, Manhattan, NY 10002

Monday to Friday, please use Grand Street Entrance
Saturday & Sunday, Please use Ludlow Street Entrance

Phone:(888) 831-0688
www.royalswim.com
info@royalswim.com
Text Message:(646) 661-1038

****Dates are Subject to change by school**

| | | | | | | | | | | |
|--------------|------|------|------|------|------|------|------|------|------|------|
| Sat | 1/4 | 1/11 | 1/18 | 1/25 | 2/1 | 2/8 | 3/1 | 3/8 | 3/15 | 3/22 |
| Sun | 1/5 | 1/12 | 1/19 | 1/26 | 2/2 | 2/9 | 3/2 | 3/9 | 3/16 | 3/23 |
| Tue | 1/7 | 1/14 | 1/21 | 1/28 | 2/4 | 2/11 | 2/25 | 3/4 | 3/11 | 3/18 |
| Wed | 1/8 | 1/15 | 1/22 | 2/5 | 2/12 | 2/26 | 3/5 | 3/12 | 3/19 | 3/26 |
| Thurs | 1/9 | 1/16 | 1/23 | 2/6 | 2/13 | 2/27 | 3/6 | 3/13 | 3/20 | 3/27 |
| Fri | 1/10 | 1/17 | 1/24 | 1/31 | 2/7 | 2/14 | 2/28 | 3/7 | 3/14 | 3/21 |

PS = Pre-School BEG = Beginner L1 to L7 = Level 1 to Level 7 PT = Pre-Team ST = Swim Team

| Manhattan Location: 350 Grand Street, Manhattan NY 10002 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|--|-----|----|----|----|----|----|----|----|----|---|-------------|---|-----|----|----|----|----|----|----|----|----|---|--|--|--|--|--|--|--|--|--|---|---|---|
| Tuesday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | Saturday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | | | | | | | | | | | | |
| 5:30-6:30 | | | | | | | | | ✓ | ✓ | ✓ | 10:10-11:10 | ✓ | ✓ | ✓ | | ✓ | | | | | ✓ | ✓ | | | | | | | | | | | | |
| 6:30-7:30 | | | | | | | | | | | ✓ | 11:10-12:10 | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | |
| **6:30-8:00 | **This time slot for swim team practice (long Distance) | | | | | | | | | | | 12:10-1:10 | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | | | |
| Wednesday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | 1:10-2:10 | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | | | | | | | | | | | | |
| 5:30-6:30 | ✓ | | ✓ | ✓ | | | ✓ | ✓ | | | | 2:30-3:30 | | | | ✓ | ✓ | | | ✓ | | | | | | | | | | | | | | | |
| 6:30-7:30 | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | 3:30-4:30 | | ✓ | ✓ | | ✓ | | | | | ✓ | ✓ | | | | | | | | | | | | |
| 7:30-8:30 | | | | | | | | | | | | 4:30-5:30 | ✓ | ✓ | | ✓ | | ✓ | ✓ | | ✓ | ✓ | ✓ | | | | | | | | | | | | |
| Thursday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | 5:30-6:30 | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | | | | | | | | | | | | |
| 5:30-6:30 | ✓ | | ✓ | ✓ | | | ✓ | ✓ | | | | *6:30-8:00 | *1 to 1.5 hour time slot for Swim Team (long Distance) | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7:30 | ✓ | ✓ | | | ✓ | ✓ | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30-7:30 | **This time slot for swim team practice (Short Distance) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Friday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | 10:10-11:10 | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | | | | | | | | | | | | |
| 5:30-6:30 | ✓ | ✓ | ✓ | ✓ | ✓ | | ✓ | | | | | 11:10-12:10 | ✓ | ✓ | ✓ | | ✓ | ✓ | | | | ✓ | | | | | | | | | | | | | |
| 6:30-7:30 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | | | 12:10-1:10 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | ✓ | ✓ | | | | | | | | | | | | |
| 7:30-8:30 | | | ✓ | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 1:10-2:10 | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | | | | | | | | | | | | | | | |
| * For Swim Team and Pre-Team, Please See Page 6 or team page for Detail | | | | | | | | | | | | 2:30-3:30 | | | | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 3:30-4:30 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | |
| | | | | | | | | | | | | 4:30-5:30 | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | ✓ |
| | | | | | | | | | | | | *5:30-6:45 | *1 to 1.5 hour for Pre-Team & Swim Team (Short/Long Distance) | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | |
| | | | | | | | | | | | | *6:45-8:15 | * 1.5 hour time slot for Swim Team (long Distance) | | | | | | | | | | | | | | | | | | | | | | |

^Class will open depend on the number of registrants

Extra special discount applies to **Current Student only register with Check or Zelle only before 11/26/24**

(4 to 7 years old) Pre-School or (8 to 13, 14 & up year old) Beginner, Level 1 to Level 7:

****If student is between 4 to 7 years old and has never learn swimming before and this will be there first-time learning swimming, they must take the **Pre-School** level before joining a higher level**

| | | |
|----------------------------|---|--|
| Package A Recommend | \$480 Current Student register before 11/26 (with check, Zelle payment only) | One free makeup-class per session (2nd or more make-ups will be charged an additional \$48/ class) 10 classes - 60 mins per week, total 10 hours |
| | \$510 New & Return student register before 12/10 | |
| | \$540 Regular Price register after 12/11 | |
| Package B | \$540 Current Student register before 11/26 (with check, Zelle payment only) | Up to 3 makeup-class per session - best for students who are aware of future missed classes due to planned trips, health issues, or other etc... 10 classes - 60 mins per week, total 10 hours |
| | \$570 New & Return student register before 12/10 | |
| | \$600 Regular Price register after 12/11 | |
| Package C | \$380 | For student want shorter in-water learning time, usually for 4&5 yrs Weekend only - 10 classes - 30 mins per week, total 5 hours |
| Package D Recommend | \$760 Current Student register before 11/26 (with check, Zelle payment only) | Twice a week Promotion (+\$280) *Same Level Extra Day Swim Practice 20 classes - 60 mins per week, total 20 hours **Since this is special promotion, no free make-up lessons will be arranged - If student need to absent for any reason: sickness, travel or menstruation, and students or parents request additional make-up lessons (each make-up lesson will be charged at \$48) |
| | \$790 New & Return student register before 12/10 | |
| | \$820 Regular Price register after 12/11 | |
| Per class | \$60 / 60 mins or \$90 / 90 mins | Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$420, 8 classes \$480, 9 classes \$540 |
| Swim Team | Pre-Team and Swim Team | For Swim Team and Pre-Team, please see page 5 or team page for detail |

Brooklyn Location—2025 January to March session

Swimming 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

Phone:(888) 831-0688
www.royalswim.com
info@royalswim.com
 Text Message:(646) 661-1038

****Dates are Subject to change by school**

| | | | | | | | | | | |
|--------------------|-----|------|------|------|-----|-----|------|-----|-----|------|
| Sat | 1/4 | 1/11 | 1/18 | 1/25 | 2/1 | 2/8 | 2/22 | 3/1 | 3/8 | 3/15 |
| Sun (Close) | | | | | | | | | | |

PS = Pre-School BEG = Beginner L1 to L7 = Level 1 to Level 7 PT = Pre-Team ST = Swim Team

| Brooklyn Location: 883 Classon Ave, Brooklyn, NY 11225 | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|-----|----|----|----|----|----|----|----|----|---|-------------|-------------|--|----|----|----|----|----|----|----|----|---|---|---|
| Saturday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | Sunday | PS | BEG | L1 | L2 | L3 | L4 | L5 | L6 | L7 | PT | T | | |
| 11:00-12:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | 11:00-12:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 12:00-1:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | 12:00-1:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 1:00-2:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | 1:00-2:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| 2:00-3:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | 2:00-3:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | |
| 3:00-4:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | 3:00-4:00 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| **3:00-4:30 | **1 to 1.5 hour time slot for swim team & pre-team (long distance) | | | | | | | | | | ✓ | ✓ | **3:00-4:30 | **1 to 1.5 hour time slot for swim team & pre-team (long distance) | | | | | | | | | | ✓ | ✓ |
| **4:30-6:00 | **1.5 hour time slot for competition Team (long Distance) | | | | | | | | | | ✓ | | **4:30-6:00 | **1.5 hour time slot for competition Team (long Distance) | | | | | | | | | | | ✓ |

^Class will open depend on the number of registrants

Extra special discount applies to **Current Student only register with Check or Zelle only **before 11/26/24****

(4 to 7 years old) Pre-School or (8 to 13, 14 & up year old) Beginner, Level 1 to Level 7:

****If student is between 4 to 7 years old and has never learn swimming before and this will be there first-time learning swimming, they must take the **Pre-School level** before joining a higher level**

| | | |
|----------------------------|---|--|
| Package A Recommend | \$480 Current Student register before 11/26 (with check, Zelle payment only) | One free makeup-class per session (2nd or more make-ups will be charged an additional \$48/ class) 10 classes - 60 mins per week, total 10 hours |
| | \$510 New & Return student register before 12/10 | |
| | \$540 Regular Price register after 12/11 | |
| Package B | \$540 Current Student register before 11/26 (with check, Zelle payment only) | Up to 3 makeup-class per session - best for students who are aware of future missed classes due to planned trips, health issues, or other etc... 10 classes - 60 mins per week, total 10 hours |
| | \$570 New & Return student register before 12/10 | |
| | \$600 Regular Price register after 12/11 | |
| Package C | \$380 | For student want shorter in-water learning time, usually for 4&5 yrs Weekend only - 10 classes - 30 mins per week, total 5 hours |
| Package D Recommend | \$760 Current Student register before 11/26 (with check, Zelle payment only) | Twice a week Promotion (+\$280) *Same Level Extra Day Swim Practice 20 classes - 60 mins per week, total 20 hours **Since this is special promotion, no free make-up lessons will be arranged - If student need to absent for any reason: sickness, travel or menstruation, and students or parents request additional make-up lessons (each make-up lesson will be charged at \$48) |
| | \$790 New & Return student register before 12/10 | |
| | \$820 Regular Price register after 12/11 | |
| Per class | \$60 / 60 mins or \$90 / 90 mins | Student only register less than 9 classes (group class) Example for 60 mins: 7 classes \$420, 8 classes \$480, 9 classes \$540 |
| Swim Team | Pre-Team and Swim Team | For Swim Team and Pre-Team, please see page 5 or team page for detail |

***If student has an absent or will be absent**
Please text office 1-646-661-1038 to schedule
makeup lesson as soon as possible. Thanks!



Student / Instructor Ratio

- Pre- School To Level 3**
 1 Instructor / 3 to 4 students
 1 Instructor & 1 TA / up to 7 students
- Level 4 to Level 7**
 1 Instructors / 4 to 6 students
 1 Instructor & 1 TA / 7 students and up
- Private or Semi Private Lesson**
 1 Instructor / 1~2 Students

Suggestion for swim class uniform, please use the picture below for references.

Standard Swimsuit for Swimming lesson

Swimming Jammers & one piece

- More durable & Chlorine Resistant
- Less Drag in the water
- Can use for certain level of competition

Silicone Swim Cap

- Protect your hair well from chlorine
- Last longer than latex or cotton cap

Clear Goggles

- Goggle with nose bridge will be more comfortable
- Will easier to have eye contact with coach



Non Suggested Swimsuit

Swim trunks & Long Sleeves skirts

- Will absorb mass of water
- Drag more water, causing bad forms
- Chances of suffocation from shirts

Fabric Swim Cap

- Fabric / Latex swim cap will be too soft or too tight
- Some people might have allergic to latex

Diving Goggle

- No nose bridge, very uncomfortable.
- Will be very tight and water will leak in easily



Guidelines for Menstruation During Swim Lessons

1. Participation During Menstruation

Swimmers are welcome to continue attending lessons during their menstrual cycle. Participation is not restricted, and physical activity is encouraged.

2. Appropriate Menstrual Product

Swimmers must use suitable menstrual products, such as tampons, menstrual cups, or period swimwear, to ensure comfort and hygiene during lessons.

3. Hygiene & Pool Safety

Menstrual products should be disposed of properly in designated bins after use. Please avoid flushing products down toilets or leaving them in the pool area.

4. Additional Makeup Classes for Menstrual-Related Absences

Package A students are entitled to 1 free makeup class. For additional makeup classes due to planned trips, health issues, menstrual-related reasons, or other circumstances, please register for Package B, which includes 3 makeup classes.

FAQ Rule Policy

Q: Do students need to shower before entering the pool?

A: Yes, **students must shower before entering the pool.** While the pool water cleans your body, the particles rinsed from your body by the water don't just disappear—they go into the pool. By showering, you're helping keep the water clean for everyone and doing your fellow swimmers a favor.

Q: How do make-up classes work?

- ⇒ Every registrant is required to complete any make-up classes within the first 9 classes of the session. Make-up classes cannot be carried over or credit to the next session.
- ⇒ The second and any subsequent make-up classes will incur a \$48 fee. To schedule a make-up class, please contact our office via text message.
- ⇒ If a student misses their scheduled make-up class, it will be considered an automatic forfeiture of the make-up class.
- ⇒ Make-up classes cannot be scheduled on the same day as the student's regular class to ensure proper recovery.

Q: What happens if my child misses the final class or exam day?

A: The 10th class is the exam day. If a student misses the 10th class, no make-up classes will be offered, as it is the final class and exam day. There is no option to transfer to the next session.

Q: What are the pool etiquette rules?

- Eating and Drinking, and using bottles are not permitted in the pool area.
- Running and screaming not permitted in the pool area.
- Please dispose of any trash properly and keep the pool area clean.
- Photography and videography are not allowed in the pool area.

Q: What is the Locker Room Policy and Privacy Considerations

A: Students aged 7 or older must use the locker room designated for their gender when changing.
Students aged 6 and younger may go into the opposite gender's locker room with a parent/guardian, but must change in a shower room or private area for privacy.

Q: What should I do if my child needs to miss classes for illness or other reasons?

A: Package A students are entitled to 1 free makeup class. For additional makeup classes due to planned trips, health issues, menstrual-related reasons, or other circumstances, please register for Package B, which includes 3 makeup classes.

Refund Policy

* **Review Class Schedule and Calendar:**

Please carefully review the class schedule and calendar before registering.

* **Withdrawal Prior to Session Start:**

If a student withdraws less than 10 days before the first day of the session, a \$100 fee will be deducted from the original payment to cover the reserved spot. The remaining balance can either be refunded or applied as credit toward the following session.

* **Withdrawal During the Session:**

No refunds or credit transfers will be issued if a student withdraws at any point during the ongoing session. This policy is in place because the spot is held, the instructor is assigned for the entire semester, and we are unable to find a replacement mid-session.

* **Location Closures:**

If the location is temporarily closed before the semester begins, a full refund may be requested. However, if the location closes after the semester has started, students may request a transfer to another location or wait for the original location to reopen. No refunds will be issued in this case.

SWIM TEAM

Swim Tech

All information Please Review Swimming Team PDF Page

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 PT/Team 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** 

All information Please Review Swimming Team PDF Page

SWIM TEAM

Swim Tech

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 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.

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)

| | |
|--------------------------------------|---|
| \$2600 Annually Special | <p>Saturday & Sunday practice, (At least 80 swim practices will be held per year, including swim meets)</p> <ul style="list-style-type: none"> - additional 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 <p>Pay in full or Installment plan: First deposit \$700 (10/1/24) Follow up payment: 11/1/24 \$700, 12/1/24 \$700 and before 2/1/25 \$500 as last payment</p> |
|--------------------------------------|---|

Package B Register by sessions

| | | |
|--|---|--|
| Team Package B Register by 10 week program | <p>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</p> | \$480 |
| | <p>60 mins practice per week for 10 week - Long Distance Choose 1 hour long distance practice time slot (Saturday 5:30pm or Tuesday 5:30 Manhattan location)</p> | \$520 |
| | <p>90 mins practice per week for 10 week - Long Distance Choose Long Distance Practice (Saturday 5:30pm, Sunday 4:30pm or Tue 6:30pm)</p> | \$600 |
| | <p>Twice per week, practice at <u>weekend only</u>, 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)</p> | \$700 |
| | <p>Twice per week, practice at <u>weekday only</u>, each practice 60 mins for 10 week 2x per week at weeknight for Short or Long Distance Practice (1 hour each time)</p> | \$700 |
| | <p>Mix weekend and weekday Schedule - practice Twice per week (1 to 1.5hr each time) (Recommend)</p> <ul style="list-style-type: none"> ◆ +\$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 | <p>\$820 / x3 \$830 / x4 \$840 / x5</p> |
| | <ul style="list-style-type: none"> ◆ Registration per weekend ONLY: Students who register on a per-class basis will incur a cost of -\$100 per weekend practice -\$80 per one weekday + one weekend practice <p>**No Make-Up class for 1 day long distance swimmer and also who swim twice or more practice per week. **Additional \$20 each time for additional practice or switch time during the week.</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>** \$290</p> <ul style="list-style-type: none"> ◆ \$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) |
| <p>** \$490 (Recommend)</p> <ul style="list-style-type: none"> ◆ \$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 in local NYC (*Additional charge may apply for more competition) (*out-of-state meets will incur an additional fee) |

****Swim Meet Cancellation Policy**

Students must notify the coach at least 72 hours in advance if they need to cancel their participation in a swim meet. Absences without notice (due to illness, transportation issues, etc.) will incur a penalty, as the head coach has already made the payment. Thank you for your understanding.