

		Minimum						
Group	Age	Practice per Week	Practice Duration	Peak Yardage per Practice	Practice schedule	Competition	Short Course	Long Course
Age Group 2	6-12	3-5	60 min	Up to 2,000 Yards	Friday 6:00 to 7:00 pm Oak Hills Pool	Local, away, and State Champ meets	Season Fee \$1,470 Monthly Fee \$210	Season Fee \$1,050 Monthly Fee \$210
Age Group 1	7-13	4-5	60 min	Up to 3,000 Yards	Friday 6:00 to 7:00 pm Oak Hills Pool	Local, away, state, regional meets	Season Fee \$1,470 Monthly Fee \$190	Season Fee \$1,050 Monthly Fee \$210
Sr. Prep 2	10-14	5-6	Weekday 90 min Saturday 90 min Dryland 3 x 45 min	3,500 to 5,000 Yards	Monday-Friday 7:00 to 8:30 pm Oak Hills Pool	Local, away, state, regional meets	Season Fee \$1,890 Monthly Fee \$270	Season Fee \$1,350 Monthly Fee \$270
Sr. Prep 1	11-16	5-6	Weekday 90 min Saturday 90 min Dryland 3 x 45 min	4,000 - 5,500 Yards	Monday-Friday 7:00 to 8:30 pm Oak Hills Pool	Local, away, state, regional, zone, travel meets	Season Fee \$1,890 Monthly Fee \$270	Season Fee \$1,350 Monthly Fee \$270
Senior 2	13-18	7-9	Weekday 120 min Mornings 90 min Saturday 120 min Dryland 3 x 45 min	5,000 - 8,000 Yards	Monday-Friday 4:00 to 6:00 pm Thursday 5:30-7:00 AM Saturday 6:30 :30 am Oak Hills Pool	All invitational, state, regional, zone, futures, travel, national meets	Season Fee \$2,170 Monthly Fee \$310	Season Fee \$1,550 Monthly Fee \$310
Senior 1	14-18+	8-9	Weekday 120 min Mornings 90 min Saturday 120 min Dryland 3 x 45 min	5,000 - 8,500 Yards	Monday-Friday 4:00 to 6:00 pm Tuesday & Thursday 5:30-7:00AM 30 to 8:30 am Oak Hills Pool	All invitational, state, regional, zone, futures, travel, national meets	Seasonal Fee \$2,170 Monthly Fee \$310	Seasonal Fee \$1,550 Monthly Fee \$310