

## 2025-26 Schedules and Membership Dues

Trial (2 weeks)	\$30
Development 1 (Sept-Dec, Jan-Apr)	\$225
Development 2 (Sept-Dec, Jan-Apr)	\$275
Junior/Senior (Sept-Dec, Jan-Apr)	\$325

### Development 1

*Mon/Wed/Fri, 5:45-6:30pm*

For swimmers with the equivalent ability of a Red Cross Level 3 swim lesson, this group is still learning the basics of competitive swimming. Focus on stroke development, racing practice, and starts & turns.

### Development 2

*Mon/Wed/Fri, 6:15-7:30pm*

For swimmers who have learned the fundamentals of competitive swimming, this group focuses on refining stroke techniques & race conditioning. These swimmers will often choose to compete in USA Swimming sanctioned swim meets.

### Junior/Senior

*Mon - Fri, 5:45-7:30pm*

**Juniors** swim 3-5 days/week & focus on stroke technique, starts and turns with emphasis on training & conditioning. Participate in full workout sets.

**Seniors** swim 4-5 days/week. These are advanced swimmers focused on high-level competition. Serious commitment to the team required. Jr/Sr swimmers compete in USA Swimming sanctioned meets.



Keep calm and swim fast!

**GRAT** encourages growth and improvement in the sport of swimming through consistent practice, engaging the teaching of our coaches, and belief in a positive, winning attitude. It is our belief that through these simple philosophies our team will win not just in water, but more importantly, win in life.

**#GRATITUDE**

**GRAT**

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[www.gratswimming.com](http://www.gratswimming.com)

GRAT  
2025-26



Join us!



A community-based USA Swimming club experience for children ages 6-18

For more information, contact info & online registration visit:

[gratswimming.com](http://gratswimming.com)



## Q&A

### Can my child join GRAT?

Yes - GRAT accepts new members throughout the year! Swimmers are welcome to join the team after the announced registration dates. Please contact our Head Coach for scheduling a try out. Swimmers should have a suit (one-piece for girls), goggles, water bottle and towel at each practice.

### What is the time commitment to become a GRAT member?

Coaches recommend Development team swimmers – both level one and level two – practice three times per week. Junior and Senior Team swimmers should practice 4-5 days a week. Parents do not need to remain at the pool during practice time but are welcome to do so!

### Is competing in swim meets a requirement?

No. However, it's a lot of fun! Coaches recommend Development 2 and Junior/Senior swimmers compete in at least three meets a season for the experience and for team bonding.

## Our Philosophy

The Gananda Racing Aquatic Team is a USA Swimming team dedicated to educating and developing swimmers into the best that they can and want to be in the sport of swimming, in a safe and respectful environment. In the process of doing so, we teach the athletes the life values of teamwork, sportsmanship, goals, respect, responsibility, hard work, dedication, and self-discipline through their experiences in practice and competition.

Our goal is not to create elite athletes but maintain a strong focus on technical improvements and becoming "mindful" swimmers resulting in every individual on the team achieving personal success. Success for our team is not solely defined by faster times but by how thoughtful each athlete can be in practice and during competition. Our goal is to foster a love of swimming through education and teaching healthy lifestyle choices to every individual whether their future includes laps for fitness as a lifetime swimmer or the dream of Olympic-level competition.

GRAT is a non-profit organization with a coach-run, Board assisted swimming program. We operate via our by-laws and have an elected Board of Directors that meet monthly to manage the club's operations. Most board meetings are open for those who wish to attend.

Our club is a small-size program of approximately 50 swimmers between all practice groups. This size enables us to conduct practices with adequate attention by the coaches while being large enough to effectively run fundraising events to help to minimize membership cost.