



---

## Harrison Meadows Junior Swim Team

---

We are excited to open registration for our swim team program. Practices will focus on:

- stroke development
- building stamina and strength
- flip turns
- racing dives
- competing against other swimmers
- Rely practice
- Understanding swim conference rules
- confidence
- sportsmanship

Our coaching staff are certified by the American Red Cross and USAA Swimming as swim instructors and swim coaches. We have many combined years of coaching experience for all levels of swimming.

Cost of the program is \$275 per participant. Charges will be billed to the member account.

Practices will run from **June 16th through July 30, on Mondays and Wednesdays from 4pm to 4:45pm weather permitting**. We encourage family members to come out and watch the team practice. It's a great way to get to know fellow members

Requirements: Must be at least 6 years old by June 16th, 2025, and be able to complete one lap (25 yards) using any stroke without stopping)

We will send out push notifications via the Harrison Meadows app if a practice is canceled due to inclement weather.

To register your child/children, please complete the attached registration form, and drop it by the front desk, or email it to [swilliford@harrisonmeadowssc.com](mailto:swilliford@harrisonmeadowssc.com)



## Harrison Meadows Junior Swim Team Registration

### Requirements For Participation

- Must be 6 years old by start of 6/16/2025
- Must be able to swim 25 yards (1 lap) without stopping.
- Should be able to attend most practices.
- Season goes from 6/16 to 7/30 Mondays & Wednesdays 4:00pm-4:45pm

The cost for the 7-week program is \$275 per child. We run 14 practices that focus on stroke mechanics, racing dives, flip turns, and the rules of competitive swimming. We also focus on building strength and stamina. Our coaches are Red Cross Certified Instructors or certified through USAA Swimming. Practices are conducted in a friendly and fun manner that allows participants to grow and improve at their own pace.

Your account will be billed using the card on file. Please complete the following section.

Childs name \_\_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_

Childs name \_\_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_

Childs name \_\_\_\_\_ Age \_\_\_\_ Birthdate \_\_\_\_\_

❖ Parent or Guardian Name \_\_\_\_\_ Contact Number \_\_\_\_\_

❖ Parent or Guardian Name \_\_\_\_\_ Contact Number \_\_\_\_\_

---

### General Information

Goggles are recommended – Please make sure your child’s goggles fit well prior to the first day of practice. The club offers several types of youth and adult goggles at the check in desk. Our pool is heated, but sometimes the weather can be cool in June, Bring a large towel for your kids for after swim practice.

We encourage family members to stay for practice. You will experience your child becoming a more effective swimmer and meet other swim families. On Wednesdays, stay for dinner, it’s a great time of year to dine outside.

Please return registration to [swilliford@harrisonmeadowssc.com](mailto:swilliford@harrisonmeadowssc.com). Once received we will contact you to confirm.