

# SV Age Group Swimming and Diving Team

**Registration Dates (Middle School Lobby):**

**Saturday, September 15<sup>th</sup> 10am-12pm**

**Wednesday, September 26<sup>th</sup> 6pm-7pm**

**Saturday, October 13<sup>th</sup> 2pm – 4pm**

Who are we? We are a team of swimmers and divers consisting of children ages 5-14! Our season starts in November and runs to the end of February. We compete as a team on Saturdays against other age group swim teams in our area and our divers compete on Sundays. Some great benefits that you may not know about joining swim team:

- Swim Team is FUN!!!
- It is a team sport but also individual. Each swimmer tries to improve on their personal best times in each race. Relays are a highlight at each meet.
- Lifetime activity that children can continue to participate in for the rest of their lives.
- It is good exercise and keeps kids busy during the long winter months.
- Improves stamina, flexibility, strength, balance and posture – great cross training for other sports
- Social – Swim team is a great way to make friends with kids that train with you daily. These are long term friendships that share a common goal and likeness.
- It's a Family Affair! If you have more than one child, it's a sport that allows a family with children from the ages of 5-14 male or female to compete at the same sporting event. Imagine going to one location and having your children compete together as a team!

Registration forms can be found on our Facebook Page (**SVPAC**) <https://www.facebook.com/groups/334399118290/> and will be available at sign ups. All abilities are welcome (only requirement- children can swim one lap unassisted). Practices are offered 4/5 days a week (attendance at 3 is recommended).

Fees: 1<sup>st</sup> swimmer \$125

2<sup>nd</sup> swimmer \$100

Swimming and Diving \$150

Diving Only \$75

Volunteer Fee: \$50 (separate from registration check/not cashed unless volunteer obligations not met)

This year, team suits will be available for purchase at Start to Finish. Team suits are optional but encouraged. Swim caps are mandatory for females and encouraged for males. Sign up for caps will be available at registration.

If you have any other questions please contact Jen Moyer at [svagegroupswimming@gmail.com](mailto:svagegroupswimming@gmail.com) or by phone at 484-269-3769. Join us for the fun!!



**SCHUYLKILL VALLEY PARENTS AQUATIC CLUB**

**Note:** At registration, separate checks are needed for each of the following: registration fees and volunteer fund. Both checks should be made payable to SVPAC.