

**Swim Team Schedule**

- ◆ Pre-Team, Bronze, Sliver Swim Team member also recommend joining the USA Swimming Competition for outside Competition event
- ◆ **For better expanding our Swim Team coming this year, any Team member will be able to register for annually now.**
- ◆ If we have swim meet that day, meaning no swimming practices. If student are willing to come in practice after a meet, they can come in on the Pre-Team hour in Manhattan location on weekend for practice.
- ◆ For better result from our Coach training swim team member, there No location switching between Manhattan and Brooklyn for the weekend schedule after each session start. Unless the location need to close for repaired, else there's no location switching for any reason.

**Suggestion for Pre-Team / Swim Team member (non-competition):**

- ◆ Practice 1 day per week or recommended 2 days per week
- ◆ Pick 1 day swim short distance (1 hour) from Level 6 or Level 7 time slot, Another day pick from Long Distance (1 hour)
- ◆ Or pick both day practice for long distance (1 hour - 1.5 hour)

**Suggestion for Bronze Team / Silver Team:**

- ◆ Practice at least 2 day per week or (Optional 3 days per week, recommended)
- ◆ Pick 2 day for Long distance swimming practice, Saturday and Sunday (1 hour to 1.5 hour), optional add weekday practice

**Mandatory for Gold Team: Must swim 2x / week for Swim Team Time Slot (Saturday & Sunday)**

- ◆ Gold team member must swim on Saturday & Sunday, Tuesday and Thursday will be optional. If student can only practice one day of the weekend and one day of the weekday, swimmer will not qualify for the Gold team group, that will be assign as a Silver or Bronze team member
- ◆ Team members timeslot will be assign by head coach, and office will text parents about the practice schedule time slot.

<b>Team Package A</b> Register by <b>10 week program</b>	<b>60 mins practice per week for 10 week - Short Distance</b> Choose 1 hour short distance practice time slot, will mixed with Level 6 or Level 7 together	<b>\$470</b>
	<b>60 mins practice per week for 10 week - Long Distance</b> Choose 1 hour long distance practice time slot (Saturday 5:30pm Manhattan location)	<b>\$500</b>
	<b>90 mins practice per week for 10 week - Long Distance</b> Choose Long Distance Practice (Sunday 4:30pm Manhattan location or Tue 6:30pm)	<b>\$580</b>
	<b>Twice per week, practice at weekend only, each practice 60-90 mins for 10 week</b> <b>2x</b> per week at weekend for Short or Long Distance Practice (1 to 1.5hr each time)	<b>\$680</b>
	<b>Twice per week, practice at weekday only, each practice 60 mins for 10 week</b> <b>2x</b> per week at weeknight for Short or Long Distance Practice (1 hour each time)	<b>\$680</b>
	<b>***Mix weekend and weekday Schedule - practice Twice</b> per week (1 to 1.5hr each time) ◆ <b>+\$20</b> for additional 1 more practice during the week, total 3 times per week ◆ <b>+\$30</b> for additional 2 more practice during the week, total 4 times per week ◆ <b>+\$40</b> for additional 3 more practice during the week, total 5 times per week	<b>\$780</b> \$800 / x3 \$810 / x4 \$820 / x5
1 make up per session for Short distance swimmer *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.		

<b>Team Package B</b> Register by Annual All four sessions <b>(Recommend)</b>	<b>\$2500</b> <b>Annually Special</b>	<p><b>There are 3 to 4 practices offered each week, Swimmers are required to make at least two of those - additional practice on Tuesday or Thursday (Optional, no extra charge)</b></p> <p>- Space are limited, swimmer have High attendant % will have first priority for their practice day choose before each new session start)</p> <p><b>Pay in full or Installment plan: First deposit \$700</b></p> <p>Follow up payment: 11/1/23 \$700, 12/1/23 \$700 and before 2/1/24 \$400 as last payment</p>
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**\*\*Information to join USA Swimming Competition \$280**

- ◆ \$80 Annually fees for USA Swimming competition ID (Sept to August 2024) and One Team Cap
- ◆ \$200 for Four swimming competition within the annual (\*Additional charge may apply for fifth or more competition)

**Manhattan Swim Pool Location - 350 Grand Street, Manhattan, NY 10002**

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

Short Distance	Long Distance	
- Tuesday: 5:30pm - Thursday: 5:30pm or *7:30pm - Friday: 7:30pm	Saturday: 10:10am, 12:10pm 1:10pm, 2:30pm 3:30pm, 4:30pm	- *Tuesday: 5:30pm or 6:30pm - Saturday: 5:30pm or 6:30pm - Sunday: 4:30pm or 5:30pm
<b>*For Tue 5:30pm &amp; Thur 7:30pm</b> long or short distance will depend on total Swimmer and set up by Coach Kelvin.		

**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	Long Distance	Long Distance (For Gold Team)
- Saturday: 2:00pm - Sunday: 2:00pm - Tuesday & Thursday (please see Manhattan Schedule)	- Saturday: 3:00pm or 4:00pm - Sunday: 3:00pm or 4:00pm - Tuesday: 5:30pm (Manhattan)	- Saturday: 4:00pm - Sunday: 4:00pm - Tuesday: 6:30pm (Manhattan location)

## Refund & Rule Policy

### Refund policy:

#### **\*\* Please carefully review the class schedule and calendar before registering**

- \* Students who fail to give at least 10 days' notice of withdrawal before the first day of the session, will have a \$100 fee withheld from the original payment. (because we already holding the spot for student)
- \* For students who withdraw any time during the ongoing semester (for any reason), there will be no refund and no credit transfer.
- \* If location is temporarily closed for repairs or any reasons before the semester starts, a full refund may be requested; however, if the location is closed after the semester has begun, students can request a transfer to another location or to wait for the same location until it reopens, no refund will be issued.

#### **Student Must Shower Before Entering the Pool**

\*The water does clean your body, but those particles being rinsed from your body by the pool water don't just disappear. They go into the water. So, by showering, you're doing your fellow swimmers a favor

### Rule and Pool Policy:

- Every registrant must complete make-up class during the 1st to 9th classes of the session, cannot be postponed to new session. The second or more make-up classes will be charged an additional \$47. Please contact our office by text message to schedule makeup. If the student failed to meet the make-up time, it will be regarded as an automatic abandonment. To avoid excessive exercise, the make-up class cannot be on the same day as the student's class
- The last class of the semester is the exam day. If the student is absent in the 10th class (last class), we will not able arrange make-up classes, because it is the last class of the session and exam day. No transfer to next session.
- No running, eating, drinking, No Bottles, No leaving trash at pool area, also taking picture and video-taping is not allowed.
- Age 7 or older must go to same sex locker room to get change.
- Royal Athletic reserves the right to make any final changes, please refer to our swimming website: [royalswim.com](http://royalswim.com) for details

## 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

