

WELCOME TO



The **South Louisiana Swim Team** is a comprehensive aquatics program focused on teaching, training, and fostering a love for swimming to all children since 2010. We can teach your child to Swim Safely in our lesson program, develop their stroke technique on our recreational Team or prepare them to compete locally, regionally, and nationally on our Competition Team.

Our mission is to provide our students with a multi-leveled swimming program, which supports each of our swimmers individually in exceeding their goals in life and in swimming. We are committed to promoting a safe, diverse and inclusive swim team that prepares our swimmers for their own unique level of competency.

Our vision is to build competitive, competent and safe swimmers who are well-rounded athletes and leaders in our communities.

CLASS OFFERING AND FEES



COMPETITION TEAM

- Prep team
- Prep team Plus
- Junior Team
- Junior Team Plus
- Senior Team
- High Performance Team

FEE

Family registration fee: \$200/ year for 1 child

\$25 for each additional comp sibling \$10 for rec

USA Swimming Fee: \$90/year + Per swimmer-*now registered by each family directly to USA Swimming Monthly tuition by training group
- Little Waves; \$135 Prep: \$145, Prep Plus \$150 Junior \$160 Junior Plus \$165

Senior \$185 *Fundraising obligation

FEE

Family registration fee: \$65/year for 1st child and \$10 for each addit. USA Swimming fee 12 and under: \$30/year and Per swimmer 13 and older:

USA Swimming Fee \$30 per year per season

*AAU registration: \$20

Monthly tuition by number of days you attend class/week

*1 day: \$75, 2 days \$135, 3 days \$202.50



RECREATIONAL TEAM

- Rec 1-Can swim fr and bk Ages 4-7.
- Rec 2-Can swim fr, bk breast and fly Ages 6-10
- Rec 3 Swims all 4 strokes legally and dives Ages 6-10
- Rec 4 Can swim a 100IM, flip turn and dive 9-14
- Rec 5 Preparing for a middle School or High School team.
Can do Rec 4 skills Ages 12-15

SWIM LESSON AGES 2 AND UP



- **Starfish**—Beginner class focusing on water comfort, blowing bubbles, kicking, and self-rescuing using the flip, float, and follow method. **ALL CLASSES ARE Private 20min lessons**
- **Seahorse**—Intermediate class focusing on independent swimming, focusing on self-rescuing skills while introducing breathing and arms. **ALL CLASSES ARE Private 20min lessons**
- **Dolphin**—Advanced lessons where students can swim horizontally and take a minimum of one breath and kick on their back. The goal is to be water safe and comfortable to enter one of our swim team classes. **Classes are either private or semi-private by choice**

FEE

- Family registration fee: \$65/year = \$20
- each addtnl. Monthly tuition based
- on the number of days you attend class/week and whether private or Semi-Private PRIVATE 1 day: \$150, 2 days \$285 and 3 days \$420
Semi-private (Dolphin level or above only): 1 day \$85 2 days: \$145

CONTACT US:

FOR COMPETITION TEAM – Scan the QR code or Contact the team to schedule an assesment



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FOR RECREATIONAL/SWIM LESSON
Scan the QR Code

