

# Swim

The talented GRSC swim staff teaches all swimmers the fundamentals to safely enjoy the water, and if desired, compete successfully. Add tennis and camp for a summer full of activity for your junior.

## SWIM TEAM:

In addition to practice June 17-July 22 (no practice on 7/4), the cost includes Saturday morning interclub swim meets and Championship Meet on July 23. Platinum members are invited to join. Swim Team participants without a Platinum membership will pay an additional \$75 access fee. Practice schedule is as follows:

HIGH SCHOOL SWIMMERS Mo-Th 8-9am \$220m  
9 & OVERS Mo-Th 7-8 am \$220m  
7 & 8 YEAR OLDS Mo & We 8-9 am \$110m  
6 & UNDERS Tu & Th 8-8:45 am \$110m

\*If demand warrants, we may roll out limited supplemental practices.

## AUGUST CONDITIONING

All Swimmers ~ Mon - Thurs 8-9am

Session I: July 29- August 1 ~ \$70m/\$105nm  
Session II: August 5-8 ~ \$70m/\$105nm  
Session III: August 12-15 ~ \$70m/\$105nm  
Session IV: August 19-22 ~ \$70m/\$105nm

**HIGH SCHOOL SWIM BOOT CAMP:** In August, prep for your high school season. More info to come!

Use the GRSC Court Reserve app to register!



POOL@GUILFORDRACQUET.COM



**ADULT LAP SWIM:**  
Tues 7-8 pm  
Sat 8-9 am  
Sun 8-11 am  
Platinum Members only

## PRIVATE SWIM LESSONS:

Privates for all ages (infants to seniors), 1-4 people. Available to Platinum members only, swimmers must have comparable ability to share a lesson. Book your lesson once the pool opens, by emailing pool@guilfordracquet.com. \$28 per 15 minute lesson, \$55 per 30 minute lesson. Add \$5/each additional swimmer per 30 minute lesson.

## GROUP SWIM LESSONS:

Parent-Child Class, Ages 2 & 3 Saturdays 9-9:30 am  
Swim Skills, Ages 3 & 4 Saturdays 9:30-10 am  
Beginner Stroke Development, Ages 5 & 6 Saturdays 10:00-10:30 am

Session I: 4 weeks, June 1-22 ~ \$95m/\$125nm  
Session II: 4 weeks, June 29-July 20 ~ \$95m/\$125nm  
Session III: 4 weeks, July 27-August 17 ~ \$95m/\$125nm

# Pickleball

## JUNIOR PICKLEBALL:

Coordinated and supervised play  
Ages 9-15  
Wednesdays 4:30-5:30pm  
June 19th - Aug 28th  
Daily fee \$12m/\$18nm  
Weather permitting, Must have at least 3 participants to run



JRPICKLEBALL@GUILFORDRACQUET.COM