

Splash Team Training

In our off-season, the main goal of Splash Team Training is to expand and correct competitive swim stroke techniques for intermediate-to-advanced swimmers. Coaches will help develop your swimmer's technique while increasing their speed and endurance. This is not a swim lesson. Swimmers must be able to swim the required prerequisite according by age level in order to enroll.

Practice Info

Every participant is required to take time for stretching in order to participate in practice; all practices will stretch before and after swim workouts to minimize injuries.

Days: Monday/Wednesday

Time: 7:00pm-8:00pm

Fee: \$75

Fall/Winter Sessions

September Sep 6 - 28 (8 practices)

- No practice 9/5, Makeup 9/6

October Oct 3 - 26 (8 practices)

November Oct 31 - Nov 30 (8 practices)

- No practice Thanksgiving break
(11/21-11/25)

December Dec 5 - 14 (4 practices)

Registration Information

To register, please visit our facility for an in-person tryout and enrollment. A tryout is required for all who are interested in participating in the Splash Team Training. Participants that are 7yo and younger will be required to swim freestyle and backstroke without assistance for 25 yards each. Participants that are 8yo and older will be required to swim 4 competitive strokes 25 yards each.

Tryouts available: Monday/Wednesday between 6:30pm - 7:00pm

All practices that are cancelled by Kirby will be made up at a later date or will be provided a credit onto their account. Any practices missed by the participant will not be made up or refunded.

For more information contact Elise Del Toro at edeltoro@gptx.org for more information.

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