

NEW SWIM PROGRAMMING AT THE BEACH

FOR CHILDREN AGES 3 TO 18

**STARTS
AUGUST
12TH**

Purple Tsunami: Competitive year round swimming; 1.5- 2.5 hr 5x a week

- * High Quality, experienced professional coaching
- * Technique oriented practices with high intensity interval training

Purple Wave: Developmental Swim Team; 1 hr practice 4x a week

- * Focus on perfecting all four strokes and swimming skills while increasing endurance

Purple Tide: Stroke Development Class; 30 mins 2x a week

- * Aimed toward our pre swim team swimmers.
- * Learn all four strokes with a coach in the water
- * Fall, Spring & Summer Sessions

Join us at the Fletcher Pool for a coaches meet and great on Saturday August 10th 9:30-10:30am.



**Beaches
Quicksilver
Swimming**

FOR ALL INQUIRIES PLEASE CONTACT:

Email: CoachMo@beachesquicksilver.com

Location Fletcher's "Wimpy" Sutton Pool
700 Seagate Ave, Neptune Bch, FL32266

Website: BeachesQuicksilver.com



Group	Monday	Tuesday	Wednesday	Thursday	Friday
Purple Tsunami Senior Group Early Option (USA Competitive Team)	2:15-4:15 Swim 4:15-4:45 Bands/Dryland	2:15-4:15 Swim 4:15-4:45 Bands/Dryland	2:15-4:15 Swim 4:15-4:45 Bands/Dryland	2:15-4:15 Swim 4:15-4:45 Bands/Dryland	2:15-4:15 Swim 4:15-4:45 Bands/Dryland
*** Early Option not available during high school season***					
Purple Tsunami Senior Group Late Option (USA Competitive Team)	4:30-5:00pm Dryland/bands 5:00-7:00 Swim	4:30-5:00pm Dryland/bands 5:00-7:00 Swim	4:30-5:00pm Dryland/bands 5:00-7:00 Swim	4:30-5:00pm Dryland/bands 5:00-7:00 Swim	4:30-6:30 Swim
Purple Tsunami Age Group (USA Competitive Team)	Optional dryland (11 & up): 4:30-5pm 5:00-6:30Swim	Optional dryland (11 & up): 4:30-5pm 5:00-6:30Swim	Optional dryland (11 & up): 4:30-5pm 5:00-6:30Swim	Optional dryland: (11 & up) 4:30-5pm 5:00-6:30Swim	Optional dryland (11 & up): 4:30-5pm 5:00-6:30Swim
Purple Wave (developmental team)	4:00-5:00 Swim	4:00-5:00 Swim	4:00-5:00 Swim	4:00-5:00 Swim	
Purple Tide option 1 (stroke development, coach in the water)	4:00-4:30pm (3-5 yr old) 4:30-5:00pm (5-7 yr old)		4:00-4:30pm (3-5 yr old) 4:30-5:00pm (5-7 yr old)		
Purple Tide option 2 (stroke development, coach in the water)		4:00-4:30pm (3-5 yr old) 4:30-5:00pm (5-7 yr old)		4:00-4:30pm (3-5 yr old) 4:30-5:00pm (5-7 yr old)	

some practice days and times will be adjusted for the high school & middle school swimming schedule. We will have a similar schedule during the entire school year, with some changes to practice times during holiday breaks. Practices will change to mornings during June & July.

Programming

The Salles-Cunha family has been successful in their swimming careers and as coaches. They are excited to have an opportunity to bring their nationally recognized swimming program back to the beaches community that they grew up in. Our focus is always on proper technique and stroke development. The aquatic programming is geared toward every level of swimmer from 3-year-olds learning all four strokes to high schoolers trying to swim in college.

Please contact **Head Coach, Monique SC van Gils:** CoachMo@beachesquicksilver.com, if you are unsure what level your swimmer belongs.

We offer the following Training Groups at the Flecher High School's Wimpy Sutton Pool:

Purple Tide:

Stroke development classes are developed for beginner swimmers learning the fundamentals of streamline kicking, freestyle, backstroke, breaststroke, and butterfly. These swimmers will be doing drills on the wall, with kickboards, and mostly swimming ½ the length of the pool. The coach is in the water, helping move swimmers in the proper positions. There is limited space to keep a small swimmer to coach ratio.

Offered: 2x a week, 30-minute class, August through October. We will offer classes throughout the spring and summer but take the colder months off.

Cost: \$275 per quarter, Fall (August, September, October), Spring: (March, April, May), summer scheduling and cost will be posted in the spring

Purple Wave:

Our developmental team focuses on developing age-group swimmers with well-rounded training methods. These swimmers maintain focus on stroke technique, body position, and kicking to set themselves up for future success and to limit future injuries, while building up their endurance. This is a training team only. There are no league meets associated with this group.

Offered: 4x a week during the school year. During the school year practices are in the afternoon. We will take June & July off, because this group will transition into a summer league swim team. There are no attendance requirements.

Cost: \$100 per month, \$75 annual registration fee, USA swimming membership not required (if you want to participate in USA meets, then a USA membership is required. In addition, sign up for swim team annual registration fee, not the developmental team)

Purple Tsunami

Age Group:

This group provides a focused training environment for those swimmers competing for USA swimming meets throughout the season, and ending with a championship meet like B champs, FLAGS and higher championships at the end of short course and long course season. Our focus is perfecting one's strokes and skills to be efficient in the water, to prevent injury, and learn to train with high intensity race pace sets.

Offered: 5x a week, 1.5 hour swimming practice, optional dryland for middle schoolers, year round practices (afternoon during school year, mornings in summer)

Equipment: kickboard and fins

Cost: \$120 per month, \$125 annual registration, USA swimming registration, USA swim meet fees

Senior Group:

The Senior group swims year-round and focuses on qualifying A meets, in addition to high school and middle school league championships. The senior group prepares swimmers to compete at the highest levels. These swimmers have written race goals and corresponding training goals. Practices will be catered toward each swimmers' best events, and we will perfect the small details of many specific skills: starts, turns, finishes, breath control, race pace training, and more.

To reach one's goals, it is expected that the swimmers attend year-round practices and a minimum of three days a week. Three days a week will maintain one's training, more is needed if an individual wants to excel and drop time. Swimmers are also expected to participate in a minimum one USA meet a quarter.

Equipment: kickboard and fins

Offered: 5x a week, 2.5 hour (dryland & swim) practice, year round (afternoon during school year, mornings in summer)

Cost: \$135 a month, \$125 annual registration, USA swimming registration, USA swim meet fees