



QUICK USER GUID TO THE ELEVATION ATHLETICS TRAINING GROUPS

Questions: info@elevationswim.com

At Elevation Athletics, we train to race. No garbage yardage. We focus on technique, functional strength, power and speed...no matter what events you swim!

We offer **full-time** training options:

- Season commitment (winter and/or summer), all-inclusive pricing
 - Level 1 – 10 & younger
 - Level 2 – 11 & 12
 - Level 3 – 13 & 14
 - Level 4 – 15 & Older (high school age)
 - Regional Team – 11 to 14 – very high level of commitment for those interested.
 - National Team – 15 & Older – very high level of commitment for those interested.

We offer **part-time** training options:

- *Perfect for staying eligible for Summer League*
- *Perfect for getting in shape for the High School Season*
- Monthly membership for more flexibility:
 - Fall League – all ages – Aug. 18 – Oct. 31 – swim 5-days a week
 - Splash Team – all ages – All year – swim up to 3x a week (you choose the days)
 - Weekend Team – all ages – Sunday's 4:00 – 5:00p
 - Sept. 7 – Nov. 16
 - Mar. 1 – May 17 (No workout Easter Sunday)
 - High School Prep Team – high school age – swim 6-days a week + gym
 - Aug. 18 – start of high school season

General Practice Schedule (by age) at **Elks Lodge Pool in Boulder:**

- 10 & Younger (all groups)
 - Option 1 - 3:45 – 4:45p Mon. – Fri.
 - Option 2 - 6:15 – 7:15p Mon. – Thurs.
 - Gym workouts/conditioning will be incorporated into the swim workout.
- 11 & Older (all groups)
 - Option 1 – primary option - 4:30 – 6:30p Mon. – Fri.
 - Option 2 – make-up option – 6:15 – 7:45p Mon. – Thurs.
 - Sat. for 13 & Older – 7:00 – 9:00a
 - Gym will be 2-3 days a week at Elks Pool immediate after or within the swim workout depending on the day – schedule will come out late August.

Learn more at www.elevationswim.com/swimteam

Try us out anytime during the year, with specific try-outs coming up on:

Aug. 18 – 22 @ Elks Lodge

Aug. 25 – 28 @ Elks Lodge

Attend any day that works for you – see the schedule above.