

Sharks Fall Swim Team

Sunrise Sharks coaches will focus on stroke refinement for each stroke, as well as endurance training. Practices held four days a week with optional weekend meets approximately once a month. Membership with USA Swimming is only needed for swimmers who choose to compete in meets.

Pre-requisite: Students must have completed at least one full season of a summer recreational team with the ability to swim all four strokes.



Program Information

Who:	Boys & Girls 7 - 18 years old (6 years with coach approval)
When:	Monday - Thursday August 21- November 16, 2017 *No practice 9/4, 10/31
Where:	Antelope Aquatics Complex 7801 Palmerson Dr., Antelope, CA
Time:	6:30 - 7:20pm (Ages 7 - 10) 7:20 - 8:30pm (Ages 11 - 18)
Price:	\$268 per child \$248 for each additional child
Coach:	Head Coach Jacob Assistant Coach Rusty and Sierra
Registration:	Code # 6301.301 (7-10) Code # 6301.302 (11-18)

Membership with USA Swimming is not required for participation in this program, but if you plan to attend any of the swim meets, you must become a registered member (which requires one additional fee, but can cover your eligibility through two fall swim seasons). Space for this program is limited and will be filled on a first-come basis.

For more information, contact Colin Smith 916-721-041 @ csmith@sunriseparks.com

7801 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-1585
(916) 725-2541 fax
www.sunriseparks.com

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