



Cannonball Swim Team



DATES & PRICES

7 Week Program: May 17th – July 1st

Seniors \$375.00 & Juniors \$350.00

Cannonballs - \$250.00 & Age Group - \$275.00

6 Week Program: July 5th – August 12th

Seniors & Juniors \$200.00

Cannonballs & Age Group \$150.00

Full Summer Program: May 17th – August 12th

Seniors \$500.00 & Juniors \$475.00

Cannonballs \$350.00 & Age Group \$375.00

SCHEDULE

Cannonballs: Mon & Wed 4 – 5 pm, Sat 3 – 4 pm, Sun 4 – 5 pm or

Tues & Thurs 5 – 6 pm, Sat 3 – 4 pm, Sun 4 – 5 pm

Age Group: Mon & Wed 5 – 6 pm, Thurs 6 – 7 pm, Sat 4 – 5 pm, Sun 5 – 6 pm or

Tues & Thurs 4 – 5 pm, Wed 6 – 7 pm, Sat 4 – 5 pm, Sun 5 – 6 pm

Age Group: Dry land twice a week (day & time TBD)

Juniors: Mon through Thurs 6 – 7:30 pm, Sat 3 -5 pm, Sun 4 – 6 pm

Junior's Dry land: Mon through Thurs 7:30 – 8 pm

Seniors: Mon through Thurs 6 – 8 pm, Sat 3 – 5 pm, Sun 4 – 6 pm

Seniors Dry land: Tues before practice with a professional trainer, Mon, Wed & Thurs 8 – 8:30 pm

We will be using SSC /Portsmouth, YWCA / Newburyport & possibly Dover Outdoor Pool.

Call or email for more info....

** Parent information meeting Friday 7 pm or Saturday 1 pm @ Seacoast Sports Club, Portsmouth**

- We will have a **Drop-In Parent Info Night Monday 4:00 – 7:00 pm. Drop-in** between these times for your questions to be answered. Hope to see you there...