

## FCA SWIM TEAM

The FCA Swim Team has two seasons each year: Fall/Winter (Sept. 21-March 19) and Spring/Summer (April 19-July 16).

**FCA** is a member of United States Swimming and the swim team competes in local U.S.A. sanctioned meets. **All swimmers are required to meet practice standards and participate in all meets.**

Stroke evaluations are required for all prospective team swimmers by arrangement. For more specific age group criteria please visit our website at [friendscentral.org/FCA](http://friendscentral.org/FCA).

**Novice** (Grades 1-3)  
2 practices per week  
(T/Th 6-7pm; Sat. 9-10am)

The Novice swimmer must be able to swim 50 yards of each stroke and roughly 25 yards of butterfly. Practices develop stroke technique and introduce swimmers to competitive training by working on aerobic endurance.

**Rate:** Fall/Winter: \$600; FCS students \$550.  
Spring/Summer: \$355; FCS students \$340.



**Junior I** (Grades 3-6)  
3-4 practices per week  
(M/W/F 6-7:15pm; Sat. 8:30-10am)

Practices focus on stroke drills, starts and turns. Volume and interval training are introduced, and technique is emphasized.

**Rate:** Fall/Winter: \$700; FCS students \$650.  
Spring/Summer: \$455; FCS students \$440.

**Junior II Bronze** (Grades 6-8)  
4+ practices per week  
(M/Tu/Th/F 7-8:30pm; Sat. 7:30-10am; Tu/Th 6-8am)

Junior II's have a similar focus to Jr. I's with a stronger emphasis on volume training.

**Junior II Silver** (Grades 7-12)  
5+ practices per week  
(M/Tu/Th/F 7-8:30pm; Wed. 6-8:30pm; Tu/Th 6-8am; Sat. 7:30 - 10am)

This group is for swimmers transitioning into Junior II Gold.

**Junior II Gold** (Grades 9-12)  
6+ practices per week  
(M/Tu/Th/F 7-8:30pm; Wed. 6-8:30pm; Tu/Th 6-8am; Fri. 6:30-8am; Sat. 7:30-10am)

This group is for swimmers transitioning into the Senior Group.

**Rate:** Fall/Winter: \$800; FCS students \$760.  
Spring/Summer: \$575; FCS students \$550.

**Seniors** (Completed 8<sup>th</sup> grade)  
8+ practices per week  
(M-F 6-8:30pm; Tu/Th 6-8am; Fri. 6:30 -8am; Sat. 6:30-9:45am)

These swimmers have made a commitment to training at a high level, year round. Practices emphasize volume training with continued attention to stroke technique as well as biomechanical and physiological progression.

**Rate:** Fall/Winter: \$900; FCS students \$860.  
Spring/Summer: \$675; FCS students \$650.

## TEAM FEES

Initiation fee: \$45 per swimmer (one time)  
USA membership: \$57 per swimmer (yearly)  
Equipment Fee: \$35 per swimmer (per season)  
Meet Escrow: \$100 per swimmer (per season)

We offer a 5% sibling discount for all non-FCS families.

### Application deadlines:

Sept. 11 (Fall/Winter)

Apr. 9 (Spring/Summer)

Late application fee: \$35

## THE POOL

FCA swims in the Shimada Athletic Center on the Upper School campus of Friends' Central School in Wynnwood. The 6-lane, 25-yard pool was completed in September 2000. It has a learning annex and ample spectator seating.

## FURTHER INFORMATION

**Numbers for all programs are limited and slots are filled strictly on a first-come-first-served basis relative to availability.**

***Please note: No swimmer will be allowed to participate in practices until they have completed a registration form and submitted appropriate fee payment.***

All registration information can be found on our website at [friendscentral.org/FCA](http://friendscentral.org/FCA).

For questions about the programs, please call FCA at 610-658-5632.

Please mail all correspondence to: 1101 City Avenue, Wynnwood, PA 19096.



# 2009-2010

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Wynnwood, PA 19096  
610-658-5632  
[fcaquatics@friendscentral.org](mailto:fcaquatics@friendscentral.org)  
[friendscentral.org/FCA](http://friendscentral.org/FCA)

A member of USA Swimming

## FRIENDS' CENTRAL AQUATICS

FCA offers children of all ages and levels the opportunity to pursue their interest in swimming. The **Swim School** introduces young people to the sport and works on developing comfort in the water and proficiency in the four primary strokes. The **Swim Team** provides swimmers the chance to hone their skills while participating in the exciting world of competitive swimming. All swimmers work at their own level of competency, and the staff strives to balance the demands of competitive training with attention to swimming as a life-long source of pleasure.



Information and registration forms are available online at: [friendscentral.org/FCA](http://friendscentral.org/FCA)

## FCA SWIM SCHOOL

FCA Swim School offers 5 sessions of lessons each year. Each session is 7 weeks long. Lessons are 30 minutes and are on Saturday mornings between 10:00-12:00. Children are taught in small groups with others of their own skill level.

**Level I: Explorers:** This level introduces children to the water. Swimmers will work on a number of skills from blowing bubbles to supported floats and

kicks. **Prerequisite:** over 36” tall and **toilet trained.** *To Pass to Level II:* Swimmer must be able to blow bubbles, back float unassisted for 10 seconds, and kick with barbell independently for 10 yards.

**Level II: Beginners:** In this level, swimmers will work on submerging their heads (bobs), kicking with barbells, floating independently, gliding streamline, arm stroke skills for freestyle and backstroke. The swimmer will also be introduced to rotary breathing as well as deep water. *To Pass to Level III:* Swimmer must be able to float unassisted on front and back for 15 seconds, glide and flutter kick on back and front for 15 yards, demonstrate rotary breathing, and basic water competence.

**Level III: Advanced Beginners:** Swimmers work primarily in deep water. This level focuses on freestyle with rotary breathing, refining back stroke, and introduces diving. The emphasis on this class is building endurance to 25 yards for freestyle and backstroke. Another goal of Level III is building endurance – specifically the ability to swim 25 yards of freestyle and/or backstroke. *To Pass to Level IV:* Swimmer must be able to swim 1 length of freestyle and backstroke independently.

**Level IV: Swimmers:** This level offers advanced development for freestyle and backstroke increasing the distance to 50 yards. Swimmers are introduced to breaststroke. Diving development continues. *To Pass to Level V:* Swimmer must be able to swim freestyle with rotary breathing and back crawl for 50 yards.

**Level V: Advanced Swimmers:** In this level, swimmers distance of freestyle and backstroke increases to 75 yards. Breaststroke and diving skills are further refined as well as the introduction of butterfly, flip turns and racing starts.

Session I	Sept.12 - Oct. 24	deadline 8/15
Session II	Oct. 31 - Dec. 12	deadline 10/14
Session III	Jan. 2 - Feb. 13	deadline 12/5
Session IV	Feb. 20 - Apr. 3	deadline 1/23
Session V	Apr. 10 - May 29*	deadline 3/20
(*No lessons May 8 due to FCS Reunion)		

**Rate:** \$110 per session; FCS students \$90.  
No refunds will be given after the deadline date.  
All cancellations will be charged a \$25 cancellation fee. Late application fee: \$25

## PRIVATE & SEMI-PRIVATE LESSONS

Private and semi-private lessons are available for children who are over 36” tall and toilet trained.  
Weekends: by arrangement.

**Private**  
\$130.00 for 3- ½ hour lessons  
\$240.00 for 6- ½ hour lessons

**Semi-Private**  
\$90.00 for 3- ½ hour lessons  
\$180.00 for 6- ½ hour lessons

## FCA STROKE CLINIC

FCA offers a stroke clinic in the fall and in the spring. These clinics emphasize stroke technique, and give swimmers a chance to further hone their skills. The clinic also can serve as an introduction to the competitive teams.

**Fall Stroke Clinic**  
**Sept. 7 - Sept. 18**  
MWF 6:00-8:00 pm  
Rate: \$160  
Application deadline: Sept. 4  
Late application fee: \$25

**Spring Stroke Clinic**  
**April 5–April 16**  
MWF 6:00-8:00 pm  
Rate: \$160  
Application deadline: April 2  
Late application fee: \$25

## TEAM PHOENIX

Team Phoenix is a development program run out of Bryn Mawr College. This group is for swimmers between the ages of 9 and 15 who want to participate on a competitive team but may not be ready for, or interested in, specializing. Swimmers should be able to swim at least 25 yards in 2 of the 4 primary strokes before joining. The practices are three days a week (Monday, Wednesday, and Thursday) from 6:30 p.m. to 8:00 p.m. Attendance at practice is encouraged but there are **no practice requirements**.

**Rate:** Fall: \$200; FCS students \$150.

## MASTERS SWIM TEAM

The FCA Masters Swim Team is an organized, year-round, swimming/fitness program designed to provide coach-supervised training opportunities for adults (ages 19 & up). Our goal is to help all members improve their swimming by working on enjoyable team experience. Although we welcome swimmers of varying ages and skill levels, from recreational level to advanced competitive swimmers, basic skills are required in order to participate. The Friends' Central Aquatics Masters program is a member of United States Masters Swimming and the Delaware Valley Local Masters Swimming Committee.

**Rate:** Year: \$700; FCS Parents \$650.  
Fall/Winter: \$450; FCS Parents \$400.  
Spring/Summer: \$350; FCS Parents \$300.