

Biola Aquatics Swim Team

Contact

13800 Biola Avenue
La Mirada, CA 90639
(562) 906-4554
biola.aquatics@biola.edu

Office Hours:
Monday-Thursday,
5:30-7:30pm

For more information:
www.biolacamps.com

There will be no practice on the Following Days:

-November 22, 2018
-November 23, 2018
-December 24th - January 2nd

Group Descriptions:

White Team

The White Team provides swimmers with an intro to all four strokes and primarily emphasizes freestyle and backstroke. Swimmers will be introduced to aerobic development through various drills and kicking exercises, all while learning to LOVE the sport.

Class Days: M/T/R
Class Times: 6:00-6:45 PM
Cost: \$55/month

Red Team

The Red Team introduces the fundamentals of swimming: technique, balance and coordination in the water, as well as building upon the stroke technique learned in the White Team. The Red Team introduces independence and self-management to swimmers.

Class Days: M/T/R
Class Times: 6:45-7:45 PM.
Cost: \$65/month

Bronze Team (Competitive)

The Bronze Team's goal is to equip all swimmers with a solid foundation in all four strokes while continuing to build athleticism. The team helps swimmers build endurance and provides an introduction to competition.

Class Days: Monday - Thursday.
Class Times: 5:30 - 6:30pm.
Cost: \$75/month

Silver Team (Competitive)

The Silver Team uses swimmers' stroke foundations to refine their technique while building core body strength. Dryland training is also introduced at this level. The Silver Team focuses on training and speed development through increased yardage.

Class Days: Monday-Thursday
Class Times: 6:30-7:45pm
Cost : \$85/month

Gold Team (Competitive)

The Gold Team focuses on efficiency, technical precision and increased strength through dryland. Yardage is increased from the Silver Team, aerobic fitness is further emphasized and swimmers are prepared to compete in a wide variety of events.

Class Days: Monday - Friday
Class Times: Monday-Thursday 6:30-8:00pm
Friday 5:30-7:00pm
Cost : \$95/month

Tryouts

Tryouts for swim team are Monday-Thursday 5:30 - 7:00pm No appointment necessary. Once tryouts are complete, registration can be done online at www.biolacamps.com.

Payment Information

Payments are due by the 5^h of the month following the start of each session. If full payment is not received at that time, there will be a \$10.00 late fee.

Sibling Discount: 2 children - \$10.00 off/month*, 3 children - \$20.00 off/month 4 children - \$30.00 off/month

*Please notify the office if you need a sibling discount code