

# Biola Aquatics Swim Team

## Contact

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

Office Hours:  
Monday-Thursday,  
7:30am-7:00pm

For more information:  
[www.biolacamps.com](http://www.biolacamps.com)

There will be no practice on the Following Days:

-July 1st - 5th  
-August 18th-31st

## 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:** 4:00-4:45 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:** 4:45-5:45 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.. 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. 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](http://www.biolacamps.com).

## Payment Information

Payments are due by the 5<sup>h</sup> 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