

Willows Hydro Jets  
**Swim Team Sign-Up Night**  
Thursday, April 17<sup>th</sup> 5:00 – 7:00 p.m.  
Round Table Pizza



Competitive Swim Team

- Where & When:** Willows High School pool, Monday, May 5<sup>th</sup> – Sunday, August 3<sup>rd</sup>  
Daily practices (Afternoons: May 5-June 6 / Mornings: June 9-Aug.)
- Requirements:** Ages 5-18; Must be able to swim one lap of the pool (25-yards) unassisted.
- Cost:** \$225 for **13-week** program. **\$50 discount** for each additional child in same family.

Swim Team “Lite”

- Where & When:** Willows High School pool  
**Session 1** (June 9-July 3) & **Session 2** (July 7-31)  
M/W or T/Th - 30 minutes classes
- Requirements:** Desire to improve swimming endurance and skills.  
Grouped by age/ability.
- Cost:** \$40/session

Junior Jets “Learn to Swim Program”

More info coming soon!

- Motivated Coaching Staff
- New Assistant Coaches
- Opportunities for all ability levels

A **refundable** family participation fee is assessed to all competitive swim team families. For more information on our programs, please contact Jen Carriere @ 934-5366 or [jenthewswimgal@yahoo.com](mailto:jenthewswimgal@yahoo.com).

**Registration is on-going. Call for paperwork if you miss sign-ups!!**

# Willows Hydro Jets

The Willows Hydro Jets Organization, partnering with Nor-Cal Aquatics, provides comprehensive aquatics programs for swimmers of all ages. We welcome your interest in our programs!



## Junior Jets

### "Learn to Swim" Program

The Junior Jets is for children that are interested in learning how to swim. The goal is to provide basic water safety and stroke instruction for the child with little or no swimming background. Students meet twice a week for four weeks, with a low student-teacher ratio. \$60/session. Ages 3+.



### Competitive Swimming "Lite"

This program is designed to be an instructional and exercise program that develops health, fitness and swimming skills for children. Instruction consists of the fundamentals of competitive swimming, including stroke instruction, starts and turns. Students will increase endurance and strength in an enjoyable, confidence building environment. Classes meet twice weekly for 30 minutes. 6-8 swimmers per coach/instructor. Swimmers are grouped based on age and ability/skill level. \$40/month. Ages 5-14.



### Adult Fitness & Masters Swimming

Our program for adults provides an environment that strikes a healthy balance between fun, fitness and competition. All levels of swimmer are welcome. The coaching staff is available to provide a structured workout or swimmers can work out on their own. Our goal is to ensure all participants reach their individual goals. \$35/month and current US Masters Swimming registration.



## Competitive Programs

WHJ offers two concurrent competitive programs. The first is designed to develop the skills of competitive swimming while improving endurance and stamina. Participants will have the opportunity to compete with other area teams in dual meets and selected invitationals. All participants will receive a team T-shirt and swim cap. This program meets daily; swimmers are encouraged to attend at least 3 times per week.

Our second program is designed to provide the serious competitive athlete, and their families, the training and support to reach their potential and goals. This program operates on a year-round schedule, with the Short Course season from September 1 - March 31, and the Long Course season from April 1 - August 10, as determined by USA Swimming. Swimmers compete in a variety of invitationals, both local and out-of-the-area. Most swimmers will have met Junior Olympic times standards or above.

Program requirements: Ages 5-18, current USA Swimming registration, \$65/month.

### For further information, please contact:

Jen Carriere, WHJ Treasurer

934-5366

Natalie Wolder, Adult Fitness Coordinator

934-9437

1-800-828-8280

