

Do you love to swim?

Join the

Willows Hydro Jets Swim Team!

The Willows Hydro Jets 2016 season will run from on May 31st-August 2nd.

(Returning swimmers have option to start at the beginning of May to swim two days per week until May 31 for an extra fee)

Swimming has many physical benefits including:

- ❖ Great cardiovascular workout
- ❖ Low-impact exercise that increases strength and stamina, with little risk of injury
- ❖ Great for cross training in other sports

Some added benefits to joining the Willows Hydro Jets:

- ❖ Builds confidence by improving water safety and stroke technique
- ❖ Promotes goal setting
- ❖ Celebrates achievements of the individual swimmer, as well as promotes team spirit
- ❖ Swimmers can choose to swim either competitively or just for their own growth
- ❖ Keeps kids busy and fights summer boredom

The Willows Hydro Jets will be holding sign-ups at Round Table Pizza from 5-7 p.m. on April 13th and April 26th, 2016.

Costs of the program are as follows:

- ❖ **Regular swim team** (practice 5 days a week) Swimmers will be assigned a level by head coach and will pay according to level. Level 4 assumes swimmers will be competing and includes a red WHJ cap, a cap and shirt for NVAL championships, and provides for coaching during weekend meets. Levels 2 and 3 have the option to compete and pay an additional \$45 for the same benefits as Level 4. Level 1 swimmers may compete only with prior approval from head coach.
 - Level 1 (beginners)- 30 minutes/day \$105 dues
 - Level 2- 1 hour/day \$135
 - Level 3- 1 ½ hour/day \$155
 - Level 4- 2 hours/day \$200
- ❖ **Swim Lite** (practice 2 days a week, either MW or TTh) \$105 dues. (Head Coach will assign level)
- ❖ All swimmers, regardless of level, must pay \$49.75 USA Swimming fee in addition to team fees.
- ❖ Also, each family must add \$100 to fees (regardless of number of swimmers), which will be refunded upon completion of 10 volunteer hours.

***All swimmers registered before June 10th will receive a team t-shirt ***

For safety reasons, membership requires swimmers to swim at least one lap of freestyle unassisted and the approval of the head coach.

Any questions may be directed to willowshydrojets@yahoo.com or to Jen at 934-7956.