



PREREQUISITES

Prior to scheduling a tryout, prospective participants must have completed and passed Pre-Competition or Pre-Competition Plus Group Swim Lessons or have other swim team experience.

Additional requirements include swimming 200 yards of freestyle/backstroke/breast stroke, and 50 yards of butterfly. All strokes must have proper kick, breathing, and body alignment as defined by the USA swimming rulebook. After successful completion of a tryout, swimmers are placed into an appropriate training group depending on space availability.

TRAINING

Schedules are determined by group level starting at 30 minutes, two days per week for the beginning group to six days per week for our most advanced swimmers, the senior group. Practices take place Monday-Friday, afternoon and evening.

FEES

There is a non-refundable annual registration fee and monthly fees, which depend on the group level. Additional fees for swim meets may apply.

MEETS

We have the opportunity to participate in at least one swim meet once every 4-6 weeks with other children from local swim teams.

SIGN-UP

Tryouts are typically scheduled for late June and are required to determine the appropriate workout group. To schedule a tryout or for tryout information, please go to: teamunify.com

For additional information, please contact Kelsey Booth, Swim Team Coordinator, at kbooth@proclub.com or the swim team's website at teamunify.com/pnsps and click on Team Info/Joining our team.



Each June, PRO Swimming invites swimmers ages 7-18 to tryout for our year-round swim team. Our supportive, team-based environment helps kids develop strong bodies, strong minds, and long-lasting friendships.