

TOLLEFSON SWIMMING

Programs

In-Water Instructed Classes

- Description: In-water classes are appropriate for any swimmer who cannot swim full length independently. These classes are conducted in small groups with a maximum of 3 swimmers per class.
- Fee for the entire session: \$590 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep: Friday 6 - 8 pm, Saturday 2 - 4:30 pm, Sunday 2 - 4:30 pm
 - St. Albans: Saturday 2 - 5 pm, Sunday 1 - 4 pm

Deck-Instructed Stroke Classes

- Description: For swimmers who can swim a full-length freestyle and backstroke independently. These classes are conducted in groups with a maximum of 8 swimmers per class.
- Fee for the entire session: \$550 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep: Monday 7:30 – 8:30 pm, Tuesday 7:30 - 8 pm, Wednesday 7:30 - 8 pm, Thursday 7:30 - 8 pm, Friday 6 - 8 pm, Saturday 2 - 3:30 pm, Sunday 2 - 3:30 pm
 - St. Albans: Saturday 2 - 4 pm, Sunday 1 - 3 pm

Training/Endurance Classes – (Must be registered in a Stroke Class to participate)

- Description: Training/endurance classes are 60-minute practice sessions for swimmers competent in freestyle and backstroke and may still be learning breaststroke and butterfly. During these training sessions, swimmers work on all 4 strokes, endurance, racing, kicking, and practicing skills they have been learning in stroke class. Swimmers must be registered for a stroke class to register for endurance classes. Swimmers may request to do stroke & endurance on the same day or on different days. Endurance scheduling is flexible, and swimmers may take advantage of endurance classes at either location.
- Fees:
 - Stroke class + 1 weekly endurance class: \$990
 - Stroke class + unlimited (up to 4 weekly) endurance classes: \$1,390
- Available class days/times:
 - Georgetown Prep: Tuesday & Thursday 8 - 9 pm, and Saturday & Sunday 3:30 - 4:30 pm
 - St. Albans: Saturday 4 - 5 pm, and Sunday 3 - 4 pm

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*Competitive Endurance: **NEW!***

- Description: In addition to the above stroke/endurance description, swimmers who are registered for the stroke + unlimited endurance option will compete in local USA Swimming meets with Team TOLL if registered for Competitive Endurance. This is a great option for swimmers who were not accepted into TOLL formally and/or are interested in competing in meets throughout the school year in a less intense training environment compared to the competitive team. Please be sure to review policies and notes below for more information.
 - Swimmers must enroll in fall/winter/spring sessions before the start of the fall session.
 - Swimmers must register for stroke + unlimited endurance for fall, winter, & spring sessions.
 - Fee structure will follow the competitive team TOLL fee structure (payments in September, October, November for the entire 25-26 season).
 - Families will be responsible for USA Swimming registration (around \$100) and meet fees throughout the season.
 - Families will be responsible for creating a Team Unify account for communication/billing purposes.
 - Swimmers will attend the stroke/endurance classes and will have access to 4-6 meets throughout the season. At these meets, TOLL coaches will work with swimmers in the Competitive Endurance program.
 - Swimmers of all ages are accepted; however, swimmers should be proficient in at least 3 strokes.
- Fee for the entire 25-26 season (fall, winter, spring sessions): \$3,960
 - Fee covers stroke/endurance training for fall, winter, & spring sessions.
 - Fee does not cover the USA registration fee, which families will complete.
 - Fee does not cover meet fees, which families will be billed for through Team Unify.
 - Fee will be paid in thirds; each payment will be automatically billed on 9/1, 10/1, & 11/1.

Adult Stroke Class

- Description: For adults who can swim a full length but are not yet ready for a full workout. The focus is on freestyle techniques, including kicking, body position, breathing technique, and balance. Non-free stroke techniques may be explored as well.
- Fee for the entire session: \$550 for a 30-minute class once a week
- Available class days/times:
 - Georgetown Prep on Monday, 8:30 – 9 pm