

TOLLEFSON SWIMMING

Programs

In-Water Instructed Classes

- Description: For swimmers who cannot swim full length independently. Classes are conducted in small groups (maximum 3 swimmers per class) with instructors in the water.
- Fee: \$590 for a 30-minute class, once a week for the full session
- 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 independently swim full-length freestyle and backstroke. Classes are coached from the deck and capped at 8 swimmers per group.
- Fee: \$550 for a 30-minute class, once a week for the full session
- 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: For swimmers proficient in freestyle and backstroke who are developing breaststroke and butterfly. These 60-minute sessions focus on all four strokes, endurance, race preparation, and skill reinforcement. **Flexible scheduling** across both locations - Swimmers may attend on the same or different days as their stroke class.
- 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

Adult Stroke Class

- Description: Designed for adults who can swim a full length but are not yet ready for a full workout. Focuses on freestyle technique—kicking, body position, breathing, and balance—with optional instruction in other strokes.
- Fee: \$700 for a 60-minute class, once a week for the full session
- Available class days/times:
 - Georgetown Prep on Monday, 8 – 9 pm

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Competitive Endurance

- 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 another TOLL roster group and/or are interested in competing in meets throughout the school year. 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.
 - Available endurance 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
 - Wildwood Manor: Monday & Wednesday 6 – 7:30 pm (fall & spring only)
 - **Reminder:** Make sure to register for a stroke class each session!
 - Families will be responsible for creating a Sports Engine account for communication/billing purposes.
 - Registration Note: Families of competitive endurance swimmers will need to do 2 registrations. Once with our registrar (stroke@tollefsonswimming.com) to select the stroke class each session, and registration with our Sports Engine team management system to receive TOLL updates and sign up for meets.
 - Swimmers of all ages are accepted; however, swimmers should be proficient in at least 3 strokes and should attend a TOLL tryout or evaluation before registering.
 - Swimmers in Competitive Endurance may swim any meet TOLL attends that a swimmer qualifies for. Swimmers will work with TOLL coaches at meets and many of our TOLL coaches also coach Endurance sessions throughout the week.
 - For more information on TOLL including coaches, meet schedule, handbook, and more resources for parents and swimmers, please visit our team website.
- Fee for the entire 26-27 season (fall, winter, spring sessions): \$4,135
 - Fee covers stroke/endurance training for fall, winter, & spring sessions.
 - Fee does not cover USA registration fee which families will complete (around \$100).
 - 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.