

2022 acac Summer Swim Team

Dolphin Summer Swim Team

acac Summer Swim team is open to any **acac** Member, **acac** Preschool student, and/or **acac** Summer Camper who is enrolled in 8 or more weeks of camp.

Participants must be able to swim 25 yards unassisted and tread water for 30 seconds. **acac** is a member of the *Jefferson Swim League* and participates in *Division One*. **acac** Summer Swim Team coaches are dedicated to helping swimmers improve in all four competitive strokes in a fun and supportive environment. To be eligible to participate in JSL meets, swimmers must be five years old by **May 31, 2022**.

Practice Schedule: see back of flyer

Dates: see back of flyer

Cost: \$225*

**10% discount for each additional sibling*

Registration

Return completed **JSL form and packet with payment information** to Sarah Smith at adventurecentralville@acac.com or Member Services at the Waterpark.

Download forms: [/acac.com/charlottesville/programs-events/aquatics/swim-team/](https://acac.com/charlottesville/programs-events/aquatics/swim-team/)

Swim Team Open House

All interested swimmers and their families are invited to attend an informational open house on **Saturday, May 21** from **12:00pm-2:00pm** at the **acac Waterpark**. Meet the coaches, have questions answered, tour the Waterpark, buy your team suit, and more!

Members: register online at acac.com through your member portal

For More Information

For more information please contact **Swim Team Administrator Sarah Smith** at adventurecentralville@acac.com

Meets and practices are NOT mandatory.

2022 PRACTICE SCHEDULE

No Practice Monday, May 30 (Memorial Day) and Monday, July 4

May 23 - June 10

Pre-season Monday - Friday

4:30 - 5:00pm	8 years old and under
5:00 - 6:00pm	9-12 years old
6:00 - 7:15pm	13 year olds and up

June 13 to July 28

Main Practices: (Mondays, Tuesdays, Wednesdays and Fridays)

8:00 - 9:15am	13 year olds and up
9:15 - 10:15am	9-12 year olds
10:15 - 11:00am	8 years old and under

9:00 - 10:00am Thursdays, Fun Days for all swimmers who are eligible to compete in swim meets.

June 13 - July 28

Afternoon Practices (Mondays, Tuesdays, Thursdays)

4:30 - 5:00pm	5-8 year olds
5:00 - 5:45pm	9-12 year olds
5:45 - 6:30pm	13 year olds and up

2022 MEET SCHEDULE

Wed. June 15	Away	at	City
Wed. June 22	Away	at	Fairview
Wed. June 29	Home	vs	Boar's Head
Wed. July 6	Home	vs	Forest Lakes
Wed. July 13	Home	vs	Fry's Spring Beach Club
Wed. July 20	Away	at	Crozet Gators Swim Team

JSL Championship Swim Meet Friday, July 29 and Saturday, July 30 at UVA Aquatic and Fitness Center. More information TBA.