



PALM BEACH GARDENS  
*"A unique place to live, learn, work & play"*



# Makos Swim Team

**January 16-April 21**  
**Monday-Thursday**  
**Ages 4-17**

**Green** 3:45-4:30pm  
**Red** 4:30-5:30pm  
**Blue** 5:30-6:45pm  
**White** 6:45-8:00pm

**Green Team:** Swimmers that have not been on a swim team. (Requirement: 25 yards each: free, breast, back.)

**Red Team:** Swimmers have basic knowledge of being on a swim team.

(Requirement: 50 yards of each: free, breast, back.)

**Blue Team:** Swimmers have full concept for being on a swim team.

(Requirement: 100 yards of each: free, breast, back, fly.)

**White Team:** For dedicated swimmers who are focusing on speed and high yardage. (Requirement: Ages 11 & Up, 200 yards each: free, breast, back, fly, and 35.0 seconds or better in the 50 freestyle)

### Swim Test:

**Jan. 7 11:00-1:00pm or Jan.12 4:00-6:00pm**

*Please call for an appointment.*

*Swimmers must be able to clearly demonstrate the team requirements.*

- Weekly Fees: \$17.50 Resident/Non-Resident \$22.50 (billed the last Monday of each month)
- \$15.00 SFRSL Application Fee required for swim meet participation.
- Additional charges may apply for team suits and shirts.
- Occasional swim meets on Saturdays.
- No practice March 19-22.

## Little Makos & Junior Makos

These teams are designed for swimmers that need a jump start before joining the swim team. Swimmers must have passed level 3P or 3 swimming lessons and will need to take a swim test prior to registration. Swimmers can be evaluated for the Green Team after the completion of a session.

Resident \$50/ Non-Resident \$60

Junior Makos Ages 6-older		Little Makos Ages 4-5	
Jan 16-Feb 1 M/W	4:30-5:15pm		
Feb 6-Feb 22 M/W	4:30-5:15pm	Feb 7-Feb 23 T/TH	4:30-5:15pm
Feb 27-Mar 14 M/W	4:30-5:15pm	Feb 28-Mar 15 T/TH	4:30-5:15pm

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