



Carson Tigersharks Program Descriptions

Our programs are designed to accommodate a wide range of skill levels, ages, and interest. The Carson Tigersharks program is structured to make sure that each participant has an opportunity to enjoy the benefits of swimming as a life-long exercise and, if they choose, to become part of an individual sport within a team setting. Our goal is to improve the skill level and the understanding of swimming to all our members, providing confidence and enjoyment through their participation. Below is a brief description of our programs.

Tigersharks Non-Competitive Fitness Programs

We realize not every child or parent wants to “compete” in the sport of competitive swimming but are looking for an exercise program that is healthy and enjoyable. We have, as a program goal, to improve the skill levels of *all* youth in swimming, for both safety *and* health reasons. These programs are an important part of our mission.

Tigersharks **Home School** Program

This program is offered to those who home school their children. It is offered to provide those families with an opportunity to enroll their children in an exercise program that teaches safety and skill improvement. The program is open to 6-18 years of age. The only requirement is that participants be able to complete one length of the pool (25 yards) swimming freestyle and one length of the pool swimming backstroke. This program is not a swim lesson program.

Offered: Tuesdays and Thursdays 2:30-3:30 pm Cost: \$50 per month

Tigersharks **SwimFit** Program

The **SwimFit** program offers an opportunity for participants to have swimming as part of their weekly exercise and to improve their skill levels. The program is open to ages 6-18 years of age. The only requirement is that participants be able to complete one length of the pool (25 yards) swimming freestyle and one length of the pool swimming backstroke. This program is not a swim lesson program.

Offered: Mondays and Wednesdays 4:30-5:30 pm Cost: \$50 per month
 Tuesdays and Thursdays 3:30-4:30 pm Cost: \$50 per month

Tigersharks **Masters** Program

This adult fitness program is offered to adults ages 19 & older who want a structured swimming fitness program to supplement triathlete training or personal fitness goals. It is open to *all* levels of swimmers.

Offered: Mondays, Wednesdays, Fridays 5:45-7 am Cost: \$60 per quarter

“Pursuing Excellence One Stroke At A Time”



Tigersharks Competitive Swimming Programs

The Carson Tigersharks competitive swim program is a youth sports team for ages 6-Collegiate level and adult Masters participants. It is a USA Swimming certified member “club” team. All members of the team must have a membership to USA Swimming. Cost of this membership is \$65 per year. Members of the Tigersharks team *train to learn, train to train, train to race, and train to win!*

Tigersharks Super Squad Program

This is the entry level program of our competitive swim team for ages 6-11 years. Skill acquisition and improvement of all four strokes, including starts and turns, are the focus of this program. Swimmers may compete in swim meets upon approval of the coaching staff. Requirements for this program is successful completion of a 25 yard freestyle and backstroke and a general understanding of butterfly and breaststroke.

Offered:	Super Squad I	Tuesdays, Thursdays	4:30-5:30 pm	Cost:	\$55 per month
	Super Squad II	Tuesdays, Thursdays	5:30-6:30 pm	Cost:	\$55 per month

Group Size Limited to 20 each

Tigersharks Bronze Program

This is the next entry level program of our competitive swim team for ages 9-12 years. Skill acquisition and improvement of all four strokes, including starts and turns, are the focus of this program. Swimmers may compete in swim meets upon approval of the coaching staff.

Offered:	Mondays, Wednesdays, Fridays	3:30-4:30 pm	Cost:	\$70 per month
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Group Size is Limited to 20

Tigersharks Silver Program

This is for ages 11-16 years of age who have limited experience in competitive swimming or are just entering the sport for the first time. The program focuses on skill development and introduces training to its members.

Offered:	Mondays, Wednesdays, Fridays	5:00-6:30 pm	Cost:	\$80 per month
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Group Size is Limited to 15

Tigersharks Gold Program

This group has an age range of 11-16 years. Members of this group possess the combination of skills, experience, and commitment to the sport of competitive swimming and a desire to excel. The program focuses on skill development and a higher level of training.

Offered:	Mondays through Fridays	5:00-6:30 pm	Cost:	\$100 per month
	Saturdays	7:00-9:00 am		

Group Size is Limited to 20

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Tigersharks **Pre-Senior** Program

This program is for ages 13-18 years of age who have the combination of skills, experience, and commitment to the sport of competitive swimming. The program focuses on skill development and a higher level of training. It is the preparation group for movement into the Tigerhsarks highest training group - the Senior Team.

Offered:	Mondays through Fridays	3:00-5:00 pm	Cost: \$130 per month
	Saturdays	7:00-9:30 am	

Group Size is Limited to 20

Tigersharks **Senior** Program

Members of this group represent the highest levels of commitment and training within the Carson Tigersharks programs. All members of this group are promoted into the group through the approval of the Head Coach. Members strive to swim at the Senior level of swimming in our LSC, Zone, Sectional, and National levels of our sport. Attending practices and competitions are expected.

Offered:	Mondays through Fridays	2:30-5:00 pm	Cost: \$150 per month
	Saturdays	7:00-10:00 am	

Group Size is Limited to 15

If you have any questions concerning any programs please do not hesitate to ask a member of the coaching staff. Evaluation of each swimmer based on skill level, age, commitment, and interest will determine group placement.

“Pursuing Excellence One Stroke At A Time”