



FALL & WINTER SWIMMING 2010-2011

Burlington Location (Saint Michael's College)

Do you want to learn, train and compete at the highest level in the sport of swimming?

JOIN OUR **GMA SELECT PROGRAMS**

GMA Age Groups Group

Short Course Season: MON., SEPT. 6th, 2010 through FRI., MAR. 18th, 2011

Year-Round: MON., SEPT. 6th, 2010 through FRI., AUG. 19th, 2011

Mondays - Fridays 5:15-7:30 p.m.

Saturdays 7:00-9:30 a.m.

Short Course Fee \$1080.00 per swimmer, up to 6 practices per week

Long Course Fee \$880.00 per swimmer, up to 6 practices per week

Year-Round Fee \$1800.00 per swimmer, up to 6 practices per week, 2 payments

GMA Senior and Sectional Groups

Short Course Season: MON., AUG. 30th, 2010 through FRI., MAR. 18th, 2011

Year-Round: MON., AUG. 30th, 2010 through FRI., AUG. 26th, 2011

Mondays - Fridays 6:00-8:40 p.m.

REQUIRED Saturdays 8:00-11:10 a.m.

AM Double Workouts (optional) Monday, Wednesday, Friday 6:00-7:30 a.m.

Short Course Fee \$1400.00 per swimmer, up to 8 practices per week

Long Course Fee \$1400.00 per swimmer, up to 8 practices per week

Year-Round Fee \$2600.00 per swimmer, up to 8 practices per week, 2 payments

"Swimming is a means to an end...to build self confidence, self discipline, integrity and courage for life."

Green Mountain Aquatics Mission Statement: To provide every swimmer with the best competitive program in New England for technique, training, commitment, development and personal excellence.



GMA National Groups

Short Course Season: MON., AUG. 30th, 2010 through FRI., MAR. 18th, 2011

Year-Round: MON., AUG. 30th, 2010 through FRI., AUG. 26th, 2011

Mondays, Wednesdays and Fridays 5:30-8:40 p.m.

Tuesdays and Thursdays 6:00-8:40 p.m.

REQUIRED Saturdays 8:00-11:10 a.m.

AM Double Workouts (1 per week required) Mon., Wed., Fri. 6:00-7:30 a.m.

Short Course Fee \$2000.00 per swimmer, up to 9 practices per week

Long Course Fee \$1500.00 per swimmer, up to 9 practices per week

Year-Round Fee \$3200.00 per swimmer, up to 9 practices per week, 2 payments

Do you want to gain the best instruction in stroke technique, cardiovascular conditioning and dryland technique?

JOIN OUR **GMA DEVELOPMENTAL PROGRAMS**

GMA Fall Clinic

MONDAY, SEPTEMBER 6th through FRIDAY, OCTOBER 8th, 2010

Mondays - Fridays 5:15-7:00 p.m.

Cost \$200.00 per swimmer, up to 5 practices per week

GMA State Group

MONDAY, OCTOBER 11th, 2010 through FRIDAY, MARCH 18th, 2011

Mondays - Fridays 5:15-6:30 p.m.

Cost \$750.00 per swimmer, up to 3 practices per week

GMA Regional Group

MONDAY, OCTOBER 11th, 2010 through FRIDAY, MARCH 18th, 2011

Mondays - Fridays 5:15-7:00 p.m.

Cost \$800.00 per swimmer, up to 3 practices per week

Please visit our team website at www.gmaswim.com for more team information and to **REGISTER ONLINE TODAY.**

Click [HERE](#) to link to read the specific requirements for each training group.

Please call Laura Matuszak all 802-238-9168 with any questions.

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