



## Green Mountain Aquatics – Upper Valley

At the CCBA – Witherell Center

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Enfield, NH 03748

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*Do you want to have instruction in swimming stroke technique, gain cardiovascular conditioning, and have an introduction to competitive swimming and teamwork?*

### JOIN OUR **GMA DEVELOPMENTAL PROGRAMS**

#### **GMA STATE GROUP SQUAD**

MONDAY, OCTOBER 4, 2010 – MARCH 18, 2011

Spring and summer programming begins April 5, 2011 – (spring break is vacation week for swimming too)

Two Groups: Monday + Wednesday OR Tuesday + Thursday 5:15 – 6:00 pm

Cost: \$550 / Spring and summer costs: \$375

#### **GMA REGIONAL GROUP SQUAD**

MONDAY, OCTOBER 4, 2010 – APRIL 1, 2011

Spring and summer programming begins April 5, 2011 – (spring break is vacation week for swimming too)

Monday + Wednesday + Friday 5:00-6:00 pm

Saturday 7:00-8:00 am + dryland 8:15 – 8:45 am

Cost: \$850 / Spring and summer costs: \$400

*Do you want to learn, train and compete year round at New England and/or National levels?*

### JOIN OUR **GMA SELECT PROGRAMS**

#### **GMA AGE GROUP SQUAD**

Short Course Season: TUESDAY, SEPTEMBER 7, 2010 – APRIL 1, 2011

Year Round: September – Mid August. One week off during April school break

Monday – Friday 4:00-6:00pm

Saturday 6:00-8:00 am + dryland 8:15-8:45am

Short Course Fee \$900, up to 6 training sessions per week

Long Course Fee \$550, up to 6 training sessions per week (note training schedule may change)

#### **GMA SENIOR/SECTIONAL SQUAD**

Short Course Season: TUESDAY, SEPTEMBER 7, 2010 – APRIL 1, 2011

Year Round: September – Mid August. One week off during April school break

Monday – Friday 4:00-6:00pm

Monday + Wednesday 5:30-6:30am \*note, this session is available given 4 swimmers commit

Required: Saturday 6:00-8:00 am + dryland 8:15-9:15am

Short Course Fee \$990, up to 8 training sessions per week

Long Course Fee \$650, up to 8 training sessions per week (note training schedule may change)

#### **GMA TEAM AND USA SWIMMING REGISTRATION**

All swimmers must be registered as current members of USA Swimming.

**GMA Team Registration** including USA Swimming membership, team t-shirt and team cap: \$72.

Register for GMA Team Registration on the GMA website [www.gmaswim.com](http://www.gmaswim.com). In the left corner of the main page, click on the **START REGISTRATION** link and choose Upper Valley programs.

Please visit our team website at [www.gmaswim.com](http://www.gmaswim.com) for more team information, for specific requirements for each training squad and to:

**REGISTER ONLINE TODAY.** Choose registration for Upper Valley programs.

Please call Laurie Albert 603-359-3627 with questions.

“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.*