



# USA SWIM TEAM

2024-2025

## QUICK FACTS

WHERE ..... School Year: Lehi  
Legacy Center  
Pool; Summer: Lehi  
Outdoor Pool

WHO ..... Ages 6 and up

WHEN ..... New Swimmers can  
tryout in March and  
August.

FEES ..... See Back for Details

## LEHI AQUATICS SWIMMING

This is a competitive swim team that teaches swimmers discipline, hard work, and team work. The team focuses on developing new swimmers into competitive swimmers and turning competitive swimmers into champions.

## PARTICIPATION REQUIREMENTS

In order to participate on the USA Swimming Team, swimmers must:

- Be able to swim 50 yards of each stroke without touching the wall to stop and breathe (private swimming lessons are available if unable to complete this requirement).
- Have a desire to swim and improve.
- Have a current USA Swimming membership (annual fee).
- Complete tryouts (see website for details).
- Have required gear, including fins, goggles, buoy, bag, cap, team suit, and water bottle.

In addition, parent of participants are expected to volunteer.

## ADDITIONAL INFORMATION

See the back of this flyer for team times and descriptions.

For more information, email Head Coach Michael King at [mking@lehi-ut.gov](mailto:mking@lehi-ut.gov), or visit [www.lehiaquatics.com](http://www.lehiaquatics.com). You can also find the USA Swimming Team on Facebook at [www.facebook.com/lehiaquatics](http://www.facebook.com/lehiaquatics).

## REGISTRATION

*Payments are due by the 20th of the previous month for current swimmers. For current swimmers a balance is created and must be paid on-line by the 20th to secure a spot for the next month.* Register at the Legacy Center Registration Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center).

*Registration fee is non-refundable, non-transferable.*

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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[www.facebook.com/lehilegacycenter](http://www.facebook.com/lehilegacycenter)

LEHI LEGACY CENTER  
123 North Center Street  
385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS  
Monday-Friday  
8 a.m. to 6 p.m.  
or register online.

# TRAINING GROUPS, PRACTICE SCHEDULES AND FEES

## ALL GROUP REQUIREMENTS

Tryouts:	See website <a href="http://www.lehiaquatics.com">www.lehiaquatics.com</a>
Fees:	\$100 yearly fee for USA Swimming membership NON-REFUNDABLE
Equipment:	Fins, 2 pairs of goggles, swim cap, pull buoy, paddles (Junior Prep, Juniors & Seniors), competitive practice suit, water bottle and gear bag.

## STINGRAYS

(School Year) Tuesday and Thursday 7:00-8:00pm. (Lehi Legacy Aquatics Center)

(Summer) Tuesday and Thursday 7:45-8:45am. (Lehi Outdoor Pool)

**Requirements:** 10 and under introduction to USA swimming. Swimmers begin to expand their knowledge of competitive swimming. The group is smaller in size to allow more direct coaching.

**Sting Rays Fees:** Lehi Resident \$30 per month; Non-Resident \$41 per month Team suit and cap are REQUIRED

## DOLPHINS

(School Year) Monday - Thursday 6:00-7:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday - Thursday 7:45-8:45am (Lehi Outdoor Pool)

**Requirements:** Ages 10 & under; maintains 70% attendance to practices and attend 1 swim meet per quarter

**Dolphin Fees:** Lehi Resident \$81 per month; Non-Resident \$109 per month

## SHARKS

(School Year) Monday-Friday 6:00-7:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:45-8:45am (Lehi Outdoor Pool)

**Requirements:** Ages 7-10; maintains 75% attendance to practices and attend 2 swim meets per quarter

**Shark Fees:** Lehi Resident \$83 per month; Non-Resident \$112 per month

## JUNIOR PREP

(School Year) Monday-Friday 4:00-6:00pm, Dryland Mon/Wed/Fri 4:00-4:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:30-8:45am.

**Requirements:** Ages 10-12; maintains 75% attendance to practices and attend 3 swim meets per quarter

**Junior Prep Fees:** Lehi Resident \$91 per month; Non-Resident \$123 per month

## JUNIORS

(School Year) Monday-Friday 4:00-6:00pm, Dryland Mon/Wed/Fri 4:00-4:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 6:30-7:45am, Dryland T/Th 8:00-8:45am (Lehi Outdoor Pool)

**Requirements:** Ages 13-15; Attend all practices and 3 swim meets per quarter.

**Juniors Fees:** Lehi Resident \$98 per month; Non-Resident \$132 per month

## SENIORS

(School Year) Tuesday and Thursday 5:00-6:15am, Monday-Friday 3:00pm-4:30pm, Saturday 6:30-8:00am (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 5:30-7:45am, Saturday 7:30-9:30am, Dryland M/W/F 8:00-8:45am (Lehi Outdoor Pool)

(June) T/Th 4:00-5:15pm (Legacy)

**Requirements:** Ages 15 and Up; Attend all practices, Dryland, and attend at least 3 swim meets while not in high school season.

**Seniors Fees:** Lehi Resident \$113 per month; Non-Resident \$153 per month

LEHI LEGACY CENTER  
123 North Center Street  
385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



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