

CLE SWIMMING GROUP INFORMATION
SPRING/SUMMER 2024

9 AND UNDER	10 AND OVER	SENIOR/HIGH SCHOOL
<p align="center">Ages 9 and under</p>	<p align="center">Ages 10 and over</p>	<p align="center">High School Level</p> <p align="center">Includes Method (T/TR) Swimmers must commit to 5x per week practices 2x per week lifting</p>
<p align="center">4x per week (M-TR) 45 minute practices</p>	<p align="center">4x per week (M-TR) 1 hour practices</p>	<p align="center">6x per week practices (M-S) 2x per week lifting (T/TR)</p>