

Novi Sturgeons



Swim Team

The Teams

Pre Team (two days per week)

Mon/Thurs 5:15-6:00 pm

Tues/Fri 5:15-6:00 pm

Wed/Sat W-5:15-6:00 pm S-10:30-11:15 am

Developmental (two days per week)

Mon/Thurs 6:00-7:00 pm

Tues/Fri 6:00-7:00 pm

Wed/Sat W-6:00-7:00 pm S-11:15 am-12:15 pm

Junior Team (3 days per week, ages 14 & under with coaches approval)

Novice competitive swimmers who want to improve their skills and training abilities in preparation for advancement to the state team. Junior Team Intensive is designed for swimmers who are committed to intensive training four days per week to work towards moving into the state team program.

Mon/Wed 5:30-7:00 pm

Tues/Thurs 5:30-7:00 pm

Fri 5:30-7:00 pm -or- Sat 10:30 am-12:00 pm

State Team (ages 12 & over with coaches approval)

Motivated age group swimmers who want to compete successfully at the state level. Swimmers are required to swim at a minimum of four days per week. Tryouts required for new swimmers.

Mon-Thurs 6:45-8:45 pm

Fri 4:00-6:00 pm

Sat 8:00-10:30 am

Senior Team (coaches approval required)

This program is for a dedicated swimmer who is trying to excel and compete at state, regional and national levels. Must maintain a 90% practice attendance record. Tryouts required for new swimmers.

Mon-Fri 3:30-6:00 pm

Sat 8:00-10:30 am

Contact Programs for swimmers eligibility, tryouts and program rates.

Private Swim Lessons

1/2-hour lesson rates:

Instructors	Fitness Members	Program & Tennis Members
Bob Jenrow	\$37	\$40
Cammy Jenrow	\$36	\$39
Mark Winter	\$37	\$40
Teri Ohlgren	\$36	\$39