



Blue Hen Aquatics

September 4, 2023 – May 26, 2024

Group	Monthly Fee	Description
Senior Group	\$225	13&Older This group will advance swimmer's skills in flexibility, coordination, goal setting, mental training, and race strategy. Goals are to increase general endurance and swim-specific endurance, general strength and swim-specific strength
Junior Group	\$195	9-12 YO. As with the Age Group Blue group, emphasis will be placed on ensuring that swimmers receive instruction in proper stroke mechanics. In addition, swimmers will begin to place greater emphasis on conditioning and developing race strategies.
BH Yellow & Blue	\$150	10&U. The BH Blue & Yellow groups are our introduction to competitive swimming groups. BH groups will focus on developing the stroke technique necessary to develop into outstanding swimmers. Swimmers will receive instruction in proper stroke mechanics and increase conditioning
Intro to BHA	\$115	5&O. BHA's intro group into swimming, emphasis will be placed on learning the basics of swimming (kick, air exchange, streamlining, etc.)

*All groups require USA Swimming yearly registration



BHA Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior (13&O)	5:15-7:15 PM	5:15-7:15 PM	5:15-7:15 PM	5:15-7:15 PM	5:15-7:15 PM		10:15-12:15 PM
Junior (9-12)	5:00-7:00 PM		5:00-7:00 PM		5:00-7:00 PM		10:15-12:15 PM
BH Yellow (10&U)		5:15-6:30 PM		5:15-6:30 PM		10:15-11:45 AM	
BH Blue (10&U)		6:00-7:15 PM		6:00-7:15 PM			
Intro to BHA	5:00-6:00 PM				5:00-6:00 PM	10:15-11:15 AM	

*Dryland times built in

Last update 7/21/23

+ Programming starts Tuesday September 5, 2023

++ Schedule may change during Holidays (Thanksgiving, Christmas, Spring Break, etc)