

						Session 1	Session 2	Session 3	Champs for Returning HS swimmer	Session 5	Session 6
Groups	Description	Practice Days and Times	Pool Location	USA Dues	Sept 1- August 15, 2009 (10% discount if you pay for the whole year)	09/01/2009-10/31/2009	11/01/2009-12/31/2009	01/01/2010-3/31/2010	03/01/2010-03/31/2010	04/01/2010-5/31/2010	06/01/2010-8/15/2010
Sea Cubs	Program for swimmers who would like to enter USA swimming meets.	According to schedule published in the Orange Recreation Brochure.	Orange	\$50	\$19	NA	NA	NA	NA	NA	NA
Sea Lions	Program for Orange residents 13 and younger at the Orange High School pool only.	M-F 6:00-7:30pm (Season begins on 9/14/2009. Returning swimmers may begin practicing with USC at US Upper from 9/1-9/11 for a drop in fee of \$8 per practice to be charged to your Thriva Account)	Orange	\$50	\$19	NA	NA	NA	NA	NA	NA
USC Intermediate	Program for swimmers 13 and younger at the Orange High School or Mentor.	M-F 6:00-7:30pm (Season begins on 9/14/2009 at Orange. From 9/1-9/11 practice will be at US Upper from 5:30 to 7:00 pm or at TW from 6:00-8:00pm.)	Orange	\$50	\$792	\$160	\$160	\$240	NA	\$160	\$160
USC Intro at TW for Fitness Center Members	Program for swimmers new to USA swimming or under the age of 10.	M-F 5:00 -6:00pm in the water with 6:00-6:30pm option dryland exercises.	TW	\$50	\$555	\$112	\$112	\$168	NA	\$112	\$112
USC Intro at TW for Residents	Program for swimmers new to USA swimming.	M-F 5:00 -6:00pm in the water with 6:00-6:30pm option dryland exercises.	TW	\$50	\$654	\$132	\$132	\$198	NA	\$132	\$132
USC Intro at TW for Non-Residents	Program for swimmers new to USA swimming.	M-F 5:00 -6:00pm in the water with 6:00-6:30pm option dryland exercises.	TW	\$50	\$812	\$164	\$164	\$246	NA	\$164	\$164
USC Advanced at TW for Fitness Center Members	Program for experienced swimmers ages 12 and up.	M-F 6:00-6:30pm dryland exercises & 6:30-8:00pm in the water	TW	\$50	\$673	\$136	\$136	\$204	\$68	\$136	\$136
USC Advanced at TW for Residents	Program for experienced swimmers ages 12 and up.	M-F 6:00-6:30pm dryland exercises & 6:30-8:00pm in the water	TW	\$50	\$822	\$166	\$166	\$249	\$83	\$166	\$166
USC Advanced at TW for Non-Residents	Program for experienced swimmers ages 12 and up.	M-F 6:00-6:30pm dryland exercises & 6:30-8:00pm in the water	TW	\$50	\$972	\$196	\$196	\$295	\$98	\$196	\$196
USC Advanced	Program for swimmers age 13 and up who would like to option of practicing once a day at US, Twinsburg or Mentor during the LC season.	M-F Sept, Oct, March, April, May- 3:30-5:30pm or 5:30-7:30pm Nov, Dec, Jan, Feb- 5:30-7:30pm Saturday 7:30-9:30 All Season	US Upper or TW or Mentor	\$50	\$1,010	\$204	\$204	\$306	\$102	\$204	\$204
USC Elite	Program for swimmers who would like the option of practicing twice a day during the LC season with Head Coach Charlie Lownes at Mentor in the morning and US in the afternoon.	M-F Sept, Oct, March, April, May- 3:30-5:30pm or 5:30-7:30pm Nov, Dec, Jan, Feb- 5:30-7:30pm Saturday 7:30-9:30 All Season M, T, TH 5:30-7:00am -Sept, Oct, March, April, May T,Th 5:30-7:00am -Nov, Dec, Jan, Feb	US Upper or TW and Mentor	\$50	\$1,099	\$222	\$222	\$333	\$111	\$222	\$222