



**Sea Colony Sharks swim team is dedicated to building a community based swimming program that develops team sportsmanship, confidence in swimming and the competitive training needed to compete in meets.**

**The Sharks are for ages 5-18, and the team is comprised of Sea Colony Homeowners, renters, guests, as well as residents in the local surrounding communities.**

## *Sea Colony Sharks Swim Team Pre-Season*

**October 2 - November 8, 2023**

**Mondays and Wednesdays**

**4:30-5:30 pm for ages 10 & under**

**5:30-6:30 pm for ages 11-18 and also for high school supplemental practice.**

**Freeman Fitness Center Indoor Pool**

**Cost: \$140**

***Equipment Required: Fins and kickboards for all, pull buoys in addition for 11+***

**Please visit [SeaColony.com/sea-colony-sharks](http://SeaColony.com/sea-colony-sharks) for more information**