



P.O. Box 100094  
Cape Coral, FL 33910  
(239)574-7108  
swimcapecoral.com

Our goal is to teach competitive swimming to the youth of Cape Coral. Our team is a member of United States Swimming, as a division of Swim Florida. Our coaches are all USS certified, and teach swimmers all they will need to compete. This includes rules, stroke mechanics, and a competitive philosophy of good sportsmanship and successful training habits. Our swimmers attend both Swim Florida league meets and USS sanctioned competitions. Our swimmers range in age from five through senior year in high school.

USS registration is a requirement, and each swimmer must produce a birth certificate or other acceptable proof of age.

Registration is \$60\* (annual). From April 15 through August 31, there is a reduced summer registration offered. Swimmers registering after August 31 are registered for the remaining calendar year as well as the entire following calendar year.

There are four levels of participation (coaches make the final determination):

1. Bronze (Beginner level 1): Practice Mon., Wed., and Thur. from 5:30 to 6:30, and Tue., Fri. (5:30-6:30) and Sat. (9:00-10:00 AM) Level 2 practices from 4:30 to 5:30 Mon., Wed., and Thur. The monthly fee is: \$50.00\*
2. Silver: Practice Mon. through Fri. 6:30 to 7:30. The monthly fee is: \$55.00\*
3. Gold: Practice Mon. through Fri. 4:30 to 6:30, and Sat. 8:00 AM to 10:00 AM. The monthly fee is \$65.00\*
4. High School: Practice Mon. through Fri. 6:30 to 7:30. The monthly fee is \$30\* for the first season, and then \$55\* each season thereafter.

All swimmers are expected to have a competitive training swim suit, goggles, and swim cap for individuals with long hair (determined by coaches). Practices are not mandatory, but no adjustment is made in fees for absences. Also, practices can be cancelled for weather conditions or high school meets scheduled for our pool. Due to pool scheduling issues, cancelled practices will be made up only at the coaches' discretion. All practices are held at the Cape Coral High School pool (adjacent to the football stadium).

Our Coaching staff:

*Head Coach Ed Collins American Coaches Association level 3 with 43 years coaching experience*  
*Asst. Coach Ron Kerfoot ASCA level 2 with over 11 years coaching experience*  
*Asst. Coach Anne Smith ASCA level 2 with 9 years coaching experience*  
*Asst. Coach Arlene Keating ASCA level 2 with 5 years coaching experience*  
*Asst. Coach Dianne Kimble ASCA level 1 with 4 years coaching experience*  
*Asst. Coach Becca Greene ASCA level 2 in her second year of coaching*  
*Asst. Lia Kerfoot in first year of coaching*

New swimmers are invited to drop by on Tuesdays at 5:30 to see the program firsthand. Interested swimmers should come prepared to get in and try it out. A free week trial is offered to all newcomers. Our program runs all year long. The pool is heated in the winter months, and we are always accepting new enrollments. New members must be able to swim in deep water. We do not offer swimming lessons.

Thank you for your interest in our program.

\*Subject to change.

Due to time and space restraints, we are accepting applications only for our waiting list at this time.