

JOIN THE OXFORD SWIM AND DIVE TEAM

A community-oriented summer competitive swim and dive team designed to engage participants of all abilities from ages 4-18

swimosdt.com

****PRACTICES BEGIN FOR ALL SWIMMERS MAY 26, 2026****

SWIM PRACTICE SCHEDULE:

MONDAY - FRIDAY

11 AND OVER:

MORNING PRACTICE: 8-9 A.M.

EVENING PRACTICE: 8-9 P.M. (M-TH ONLY)

7-10 YR OLD: 9-10 A.M.

6 & UN: 10:00-10:30 OR 10:30-11:00

(COACHES WILL ASSIGN MAY 26)

DIVE PRACTICE SCHEDULE:

FUNDAMENTAL DIVERS: 10:00 -10:45 AM M-F

ADVANCED DIVERS (COACHES WILL INVITE): 10:45 - 11:30AM M-F
AND OPTIONAL 7:00-8:00 PM M-TH WHEN THERE ARE NO DUAL MEETS.

ALL PRACTICES AND HOME MEETS ARE AT **THE OXFORD AQUATIC CENTER**

Costs:

Swim Team: \$150

Dive: \$120

Swim & Dive: \$200

Discounts are available for multiple children in a family.

ALL swimmers and divers

MUST purchase a pool membership.

Not sure and just want to "test the waters"??

Join us for the trial period for just \$30!

May 26- 29 ending with the mock meet during the morning practice

To register, visit swimosdt.com OR contact Sandy at oxfordswimdive@gmail.com with any questions.

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Stroke Clinic QR Code

Coach Steve offers a Makos Stroke Clinic at Miami's Rec Center for all swimmers ages 5-13

Monday, April 20, 2026 – Friday, May 22, 2026

Dive Well

Practice Times:

Monday, Wednesday & Friday 5:30 – 6:30 pm

Fees:

Spring Session \$180