

Join the Oxford Swim & Dive Team

A community-oriented summer competitive swim and dive team designed to engage participants of ALL abilities, ages 5-18



TSD APPROVED
for distribution
not affiliated with TSD

Practices begin for all swimmers on Tuesday, May 30th

Swim Practice Schedule:

Monday-Thursday

11 & Over - swimming 8:00-9:00 a.m. and 8:00-9:00 p.m.

7-10 year olds - swimming 9:00-10:00 a.m.

6 & Under 10:00-10:30 a.m. or 10:30-11:00 a.m.**

** 6 & Under swimmers - coach will assign a time

Friday morning - TBA

Dive Practice Schedule:

Monday-Thursday 10:00-11:00 a.m. & 7:00-8:00 p.m.



Practices and Home meets are at the Oxford Aquatic Center

Cost: Swimming \$125

Diving \$100

Swimming & Diving \$145

Discounts are available for multiple children in a family.

All swimmers and divers will also need to purchase a pool membership.

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Not Sure? Give It A Try! \$20 Trial Week May 30th to June 6th!

To register, visit www.swimosdt.com

Or contact Sandy at sjpayne1@fuse.net

Coach Steve will once again be running a Mako Stroke Clinic at Miami's Rec Center for ages 5 -10.

Get a head start on summer swimming by refreshing your strokes, starts, and turns.

April 24th to May 26th

Mondays, Wednesdays, and Fridays

5:30 - 6:30 p.m.

Cost: \$180

Prerequisite: Must be able to swim 1 lap of the pool Freestyle.

Contact Coach Steve (ncsawasa@gmail.com) if you have any questions

Register for the Stroke Clinic by scanning here.



SCAN ME