

# Shatford Sharks Swim Team

**Grades  
2nd-8th**

Are you looking for something more than swim lessons? If so, check out the Shatford Sharks. We will focus on **fun, fitness, four competitive strokes, technique and drills.**

*This is a fun introduction to competitive swimming.*

**Location:** Shatford Pool @ New Lebanon High School

**Dates:** Tuesdays & Thursdays

Start when you can!

**Time:** 5:30 - 6:30 pm

**Cost:** \$50 per swimmer/Per Month (Possible additional meet fees)

Please email Tim Christiansen for more information or questions!!

tchristiansen@newlebanoncsd.org

Household  
discounts are  
available

**No pressure, swim when you can!**

\*Swimmers must be a Red Cross level 3 ability\*

## Level 3 requirements

- Swim 25 yards continuous front crawl
- Basic back crawl
- Be comfortable floating in deep water



Scan or [click here](https://docs.google.com/forms/d/e/1FAIpQLSexFCBgoUcoJC-xp nkR_Y3r48yaMy4isoMBxQasN8gS0-BbDw/viewform?usp=pp_u rl) to register or go to:

[https://docs.google.com/forms/d/e/1FAIpQLSexFCBgoUcoJC-xp nkR\\_Y3r48yaMy4isoMBxQasN8gS0-BbDw/viewform?usp=pp\\_u rl](https://docs.google.com/forms/d/e/1FAIpQLSexFCBgoUcoJC-xp nkR_Y3r48yaMy4isoMBxQasN8gS0-BbDw/viewform?usp=pp_u rl)