

SQUIDS SWIM TEAM

The Squids Swim Team is designed for children who are able to swim at least one lap of each of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle. The group focuses on building endurance and stroke technique for all the strokes. If you are interested in joining the group, please contact the Aquatics Director, Kristin Neth, for a try out. If you have any other questions, comments or concerns, contact Kristin at (858) 271-6222 x 133 or by email at swimlessons@srsrc.com.

WORKOUT SCHEDULE

Tuesdays, Wednesdays, and Thursdays @ Trails location

Squids 1: Practice: 4:00-5:00 pm

Squids 2: Practice: 5:00-6:00 pm

Pricing: [\(2025 pricing\)](#)

Please note that the pricing fluctuates each month based on the number of class dates within the month.

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