

# STOWE SWIMMERS Swim Club



**We are so excited for the 2025-2026 Winter Swim  
Club Season!**

We've got 257,000 gallons of disinfected crystal-clear pool for your kids to swim in for fun, fitness, and improving their focus in school! (*Yup, swim kids do better in school!!*)

## 2025/26 SEASON COACHES

Jeremy Bradley - Head Coach: [jbradley@theswimmingholestowe.com](mailto:jbradley@theswimmingholestowe.com)

ASCA Level 2 Certified Coach

Jeremy has been Head Coach for 13 years of The Stowe Swimmers Swim Club at The Swimming Hole. He has watched his swimmers develop through each age group, helping many become collegiate athletes. His passion and expertise in swimming and coaching has helped many reach their swimming goals.

Nellie Lamb - Assistant Coach: [nelliel@theswimmingholestowe.com](mailto:nelliel@theswimmingholestowe.com)

Nellie has a background in competitive swimming and has competitive swam since she was 8 years old. She is passionate about sharing her love for the sport and helping young swimmers develop stroke technique and confidence. Her supportive, encouraging approach and personality inspires swimmers to thrive and meet their goals.

## TEAM RULES

1. PLEASE be on time, dressed & ready to go.
2. NO BULLYING - We want to create a positive and fun environment for all swimmers. We are all part of the team. We are all here for the same purpose, to become better swimmers. We need to encourage & support each other through the hard times and the easy times.
3. HANDS TO YOURSELF - Whether you are in the lane, locker room, lobby, or group exercise room we want to respect others. We want to keep our hands, feet and any other object (i.e. towels) from coming in contact with & potentially causing harm to another.
4. NO NEGATIVITY - Refrain from negative comments towards others or directed towards yourself. We want to encourage positive self-talk and encourage others when having a hard time or a bad day.
5. NO HORSEPLAY in the Locker Rooms. Swimmers are expected to dress and wait patiently in the lobby before start time.
6. EYES AND EARS - This is our call to attention. It means Eyes on Coach, Ears above water. Whenever we are at practice, we want everyone to have fun. With that said, we are here for a purpose. We need to pay attention when instruction is given and put the silly stuff aside so that we may learn without distraction.
7. PLEASE pick up after yourselves. Water containers, band-aids, goggles, towels, swimsuits are to be taken with you after practice.

## PRACTICE TIMES AND GROUPS

10 & UNDER- Practice Times: Tuesday/Thursday, 3:30-4:30pm

11 & ABOVE- Practice Times: Monday/Wednesday 3:30-5:00pm, Tuesday/Thursday 4:30-5:30pm

## PRACTICE & SPECIAL EVENT CALENDAR

October 20th: First Day of Practice

November 11th: Veterans Day, No Practice

November 24th-27th: Thanksgiving Break, No Practice

December 4th: TBA

December 24th-January 2nd: Winter Break, No Practice

January 19th: Martin Luther King Jr. Day, No Practice

February 19th: Last Day of Regular Practice (Unless Qualified for a Championship Meet)

## STOWE SWIMMERS WINTER SEASON 2025/26 MEET SCHEDULE

November 7th-9th: Fall Classic Meet @ UVAC

December 5th-7th: Winter Classic Meet @ UVAC

January 4th: Connecticut Valley Invitational @ UVAC

January 11th: Pentathlon @ Norwich University

January 16th-18th: Bronze Championships @ UVAC

January 30th-February 1st: Silvers Championships @ UVAC

\*Schedule subject to change with the addition of other meets.

## PRICING

Registration is Non-Refundable.

### SWIM CLUB PAID IN FULL DUES - *Paid in full Swim Club Dues are Non-Refundable*

10 and under \$495 member, \$625 non-member

11 and over \$795 member, \$900 non-member

### SWIM CLUB MONTHLY BILLING DUES

*\$50 +First month, then 3 monthly payments on the 5th*

10 and under: \$125 member, \$160 non-member

11 and over: \$200 member, \$230 non-member

Monthly Swim Club Dues may be cancelled with a \$100 Cancellation Fee. Monthly Billing forms must be completed and submitted to The Swimming Hole along with a Non-Refundable \$50 Registration Fee and 1st Month Payment prior to starting Swim Club. To cancel written notice and \$100 Cancellation Fee must be submitted to The Swimming Hole. No Retroactive cancellations will be accepted.