

Join the ASA Swim Team!

- ✓ Year round competitive swimming for kids of all levels
- ✓ Personalized coaching by experienced, successful coaches
- ✓ Afternoon and morning practice times
- ✓ Convenient Bethesda and Potomac pools
- ✓ Masters and Developmental programs

How to Register

Please visit our website to register using our secure registration and payment processing system, or to download registration forms. Registration and payment are required by the first day of practice.

* \$250 non-refundable deposit due with registration

* Early bird discount if full payment is received by Aug. 15, 2010. Multi-swimmer discounts are available. See website for details.

* Program availability is not guaranteed and subject to change without notice.

* Program placement subject to change based on coach's assessment.

All Star Aquatics

7731 Tuckerman Lane #169
Potomac, MD 20854
(301)767-6538

www.AllStarAquatics.net
allstar_aquatics@yahoo.com

Stone Ridge School

9101 Rockville Pike
Bethesda, MD 20814

All Star Programs

Sept. 13, 2010 – May 27, 2011

(Note: schedule shifts slightly during high school swim season)

* **New this year: Price includes meet fees for all groups**

SENIOR 2 ALL STARS

15 yrs & older

(#SR2-SR -- \$3395*)

M/W/F 5:30-7:00am

Mo 5:00-7:00pm

T/Th 5:00-7:00pm

Fr 4:30-6:30pm

Sa 7:30-9:00am

SENIOR 1 ALL STARS

13-14 yrs

(#SR1-SR -- \$2645*)

Mo 6:30-8:00pm

Tu 5:00-7:00pm

We 5:30-7:00pm

Th 6:30-8:00pm

Fr 4:30-6:30pm

Sa 9:00-10:30am

AGE GROUP 3 ALL STARS

11-12 yrs

(#AG3-SR -- \$2245*)

M 5:00-6:30pm

W 5:30-7:00pm

Th 5:00-6:30pm

Fr 6:30-7:30pm

Sa 9:00-10:30am

AGE GROUP 2 ALL STARS

9-10 yrs

(#AG2-SR -- \$1945*)

M/W 7:00-8:00pm

Fr 6:30-7:30pm

Sa 10:30-11:30am

AGE GROUP 1 ALL STARS

6-8 yrs

(#AG1-SR1 -- \$1145*)

W/Th 7:00-8:00pm

Sa 10:30-11:30am

MASTERS (#MAS-SR)

19-older (\$995*)

M/W/F 5:30-7:00am

Sa 7:30-9:00am

Bolger Fitness Center

9600 Newbridge Rd
Potomac, MD 20854

All Star Programs

Sept. 13, 2010 – May 27, 2011

* **New this year: Price includes meet fees for all groups**

AGE GROUP 3 ALL STARS

11-12 yrs

(#AG3-BO -- \$2245*)

M/W 4:00-5:30pm

T/Th 5:30-7:00pm

Fr 6:30-7:30 at Stone Ridge

Sa 9:00-10:30am at Stone Ridge

AGE GROUP 2 ALL STARS

9-10 yrs

(#AG2-BO1 -- \$1945*)

T/Th 5:30-6:30pm

Fr 6:30-7:30pm at Stone Ridge

Sa 10:30-11:30am at Stone Ridge

OR

(#AG2-BO2 -- \$1945*)

M/W 4:30-5:30pm

Fr 6:30-7:30pm at Stone Ridge

Sa 10:30-11:30am at Stone Ridge

AGE GROUP 1 ALL STARS

6-8 yrs

(#AG1-BO2 -- \$1145*)

M/W 5:30-6:30pm

Sa 10:30-11:30am at Stone Ridge

or

(#AG2-BO1 -- \$1145*)

T/Th 4:30-5:30pm

Sa 10:30-11:30am at Stone Ridge

Developmental Programs Ages 6-11 yrs learning basic technique

STONE RIDGE

Sun 4:00-5:00pm

6-11 yrs (\$695 for all sessions - #DEV-SR)

Fall/\$295 (10 wks, Sept. 19 to Nov. 21 - #DEV-SRF)

Winter/\$295 (10 wks, Jan. 23 to March 27 - #DEV-SRW)

Spring/\$145 (4 wks, May 1 - May 22 - #DEV-SRS)

BOLGER

Sun 5:30-6:30pm

6-11 yrs (\$695 for all sessions - #DEV-BOL)

Fall 2010/\$295 (10 wks, Sept. 20 to Nov. 21 - #DEV-BOLF)

Winter 2011/\$295 (10 wks, Jan. 23 to March 27 - #DEV-BOLW)

Spring 2011/\$145 (4 wks, May 1 to May 22 - #DEV-BOLS)

ASA Programs

Senior 2 All Stars: 15-older swimmers who have made swimming their primary sport. While the emphasis is on training, time is dedicated to instruction in refining stroke mechanics and racing techniques. 6+ practices per week.

Senior 1 All Stars: 13-14 year olds participating in swimming with an emphasis on interval training and aerobic conditioning as well as basic goal setting. Continuing time dedicated to instruction in stroke mechanics and racing techniques. 5-6 practices per week.

Age Group 3 All Stars: 11-12 year olds participating in swimming with an emphasis on stroke development, starts and turns, learning how to train, teaching fundamentals, self improvement and having fun. 4-5 practices per week.

Age Group 2 All Stars: 9-10 year olds participating in swimming with an emphasis on stroke development, starts and turns, learning how to train, and having fun. 3-4 practices per week.

Age Group 1 All Stars: 6-8 year olds participating in swimming with an emphasis on all four competitive strokes, skills, techniques and having fun. 2-3 practices per week.

All groups listed above typically have the opportunity to compete in meets once a month.

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Masters All Stars: 19 & over swimmers who want an activity for fitness, still have the competitive desire, or need swimming as part of their triathlon.

Developmental: 6-11 year olds learning basic technique. See website for more details. Participants are required to swim at least one length of the pool of freestyle and backstroke without stopping. One time per week.

All Star Aquatics

Head Coach: Bob Walker
Head Age Group Coach: Denise Adams

Our goal at All Star Aquatics is to produce champions at all levels, at all ages, for lifelong competition – from mini meets to the Olympic Games. ASA's goal of exceptional performance in training and competition teaches the value of high self-esteem, personal accountability, self-discipline, leadership, goal setting and goal achievement.

We're proud to have swimmers who have qualified for Junior & Senior Nationals and US Open Meets.



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2010-2011 Programs



Swim Team



Stone Ridge Pool

Bethesda, MD

Bolger Pool

Potomac, MD

Visit us at
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