

## 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 is due with registration

\* Substantial Early Bird discount if full payment is received by Aug. 15, 2011. See website for this and other discounts.

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

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

### All Star Aquatics

PO Box 61406  
Potomac, MD 20859  
(301) 767-6538

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[www.AllStarAquatics.net](http://www.AllStarAquatics.net)  
[asa.swimming@gmail.com](mailto:asa.swimming@gmail.com)

## STONE RIDGE SCHOOL

9101 Rockville Pike  
Bethesda, MD 20814

### All Star Programs

**Sept. 12, 2011 – May 27, 2012**

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

**\*Price includes meet fees**

#### SENIOR 2 ALL STARS

15 yrs & older

(#SR2-SR -- \$3495\*)

M/W/F 5:30-7:00am  
M/T/W/Th 4:00-6:00pm  
Fr 4:30-6:30pm  
Sa 7:30-10:00am

#### SENIOR 1 ALL STARS

13-14 yrs

(#SR1-SR -- \$2745\*)

M/W 6:15-8:00pm  
T 5:00-7:00pm  
Th 5:00-6:30pm  
Fr 4:30-6:30pm  
Sa 9:00-11:00am

#### AGE GROUP 3 ALL STARS

11-12 yrs

(#AG3-SR -- \$2345\*)

M/W 5:00-6:15pm  
T 7:00-8:00pm  
Th 6:30-8:00pm  
Fr 6:30-7:30pm  
Sa 9:00-10:30am

#### AGE GROUP 2 ALL STARS

9-10 yrs

(#AG2-SR -- \$2020\*)

T/Th 6:45-8:00pm  
Fr 6:30-7:30pm  
Sa 10:30-11:30am

#### AGE GROUP 1 ALL STARS

6-8 yrs

(#AG1-SR1 -- \$1220\*)

M/W 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

#### HIGH SCHOOL PREP (#HSP-SR)

Sept. 12 to Nov. 3 (\$350)

M/T/W/Th 4:00-5:00pm

## Bolger Fitness Center

9600 Newbridge Rd  
Potomac, MD 20854

### All Star Programs

**Sept. 12, 2011 – May 27, 2012**

**\*Price includes meet fees**

#### AGE GROUP 2 ALL STARS

9-10 yrs

(#AG2-BO1 -- \$2020\*)

T/Th 5:15-6:30pm  
Fr 6:30-7:30pm at Stone Ridge  
Sa 10:30-11:30am at Stone Ridge

**OR**

(#AG2-BO2 -- \$2020\*)

M/W 4:15-5:30pm  
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-BO1 -- \$1220\*)

T/Th 4:15-5:15pm  
Sa 10:30-11:30am at Stone Ridge

**OR**

(#AG1-BO2 -- \$1220\*)

M/W 5:30-6:30pm  
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 (\$725 for all sessions - #DEV-SR)

Fall 2011/\$320 (10 wks, Sept. 18 to Nov. 20 - #DEV-SRF)

Winter 2012/\$320 (10 wks, Jan. 8 to March 11 - #DEV-SRW)

Spring 2012/\$160 (5 wks, April 15 to May 13 - #DEV-SRS)

#### BOLGER

Sun 5:30-6:30pm

6-11 yrs (\$725 for all sessions - #DEV-BOL)

Fall 2011/\$320 (10 wks, Sept. 18 to Nov. 20 - #DEV-BOLF)

Winter 2012/\$320 (10 wks, Jan. 8 to March 11 - #DEV-BOLW)

Spring 2012/\$160 (5 wks, April 15 to May 13 - #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.

**High School Prep:** Swimmers looking to stay in shape between the end of summer and the beginning of the high school swim season.

## 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.



## All Star Aquatics

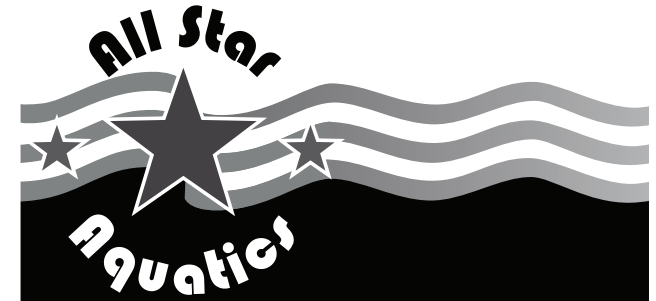
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## ALL STAR AQUATICS SWIM TEAM 2011-2012 PROGRAMS

**Stone Ridge Pool**  
Bethesda

**Bolger Pool**  
Potomac



VISIT US ONLINE AT  
**[www.allstaraquatics.net](http://www.allstaraquatics.net)**