

# SOUTH SHORE SWIMMING

## Monthly Fees

- Developmental:** club members \$35, non-members \$60  
(perform 25 yds of Free and Back, 3 years of age or older)\*
- Level 1:** club members \$45, non-members \$75  
(perform 25 yds of all 4 strokes, 6 years of age or older)\*
- Level 2:** club members \$55, non-members \$90  
(perform 50 yds of all 4 strokes)\*
- Level 3:** club members \$65, non-members \$105  
(perform 100 yds of all 4 strokes)\*
- Senior Group:** club members \$75, non-members \$120  
(13 years or older)\*

\*groups are ultimately left to Coach's decision  
Rates are subject to change.

## Annual Team Registration \$120

- includes:
- Team Swim Cap
  - Team T-shirt
  - USA Swimming Registration
  - Social Event

## Swim Lessons Available

Private Swim Lessons: club members \$30 per half hour, non-members \$35



Contact Coach Kyle  
(409) 392-3365  
sanderskyle@mac.com



# THE FITNESS CENTER

## AT SOUTH SHORE HARBOUR

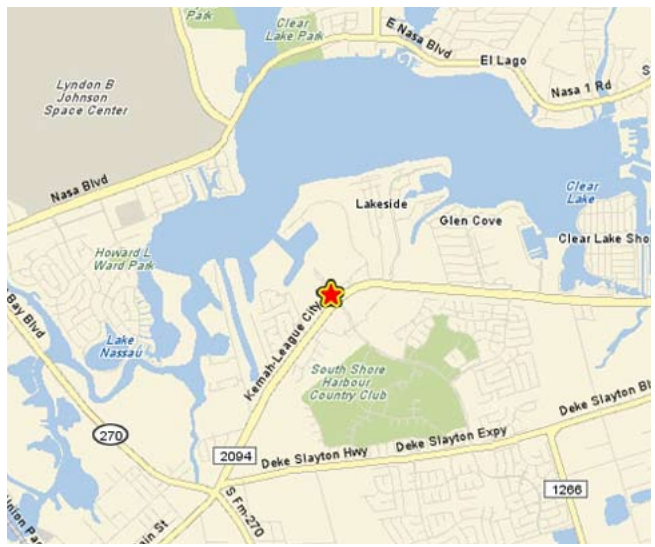
If you want to join a first class Club instead of a gym, then The Fitness Center at South Shore Harbour is the place for you! With over 130,000 square feet of indoor and outdoor amenities, there is something for everyone. As a multi-recreational facility, we have numerous avenues to pursue fitness and entertainment. Our team is here to help you pick from our many diverse activities, from aerobics to swimming, and everything in between!

This is the place to be for everyone from children to seniors; we have everything you need to stay healthy and fit. We are here to make your total body experience second to none!

## Fitness Center Member Fees

Please inquire...

The Fitness Center at South Shore Harbour  
3000 Invincible Cir., League City, TX 77573  
(281) 334-2560, info@southshorefitness.com, www.southshorefitness.com





# SOUTH SHORE SAILS



THE FITNESS CENTER  
AT SOUTH SHORE HARBOUR

The Fitness Center at South Shore Harbour  
3000 Invincible Cir., League City, TX 77573  
www.southshorefitness.com

# Are you looking for more of a challenge?

## Do you want to compete with the best?

# SOUTH SHORE SWIMMING

If your swimmer answered yes, then they might be ready to join League City's newest USA Swimming year round team.

### About the Team...

The South Shore Sails will strive to build outstanding athletes as well as community members. We will emphasize a team environment while maintaining individual attention.

We are a competitive program with the purpose and commitment to:

- Advance the sport of swimming.
- Provide swimmers with the highest quality coaching.
- Create and maintain an enjoyable and productive swimming environment.
- Recognize each individual, and value their role in the success of our organization.
- Encourage positive mental attitudes and mutual respect.
- Teach and develop life skills through our swimming program.
- Continually improve and expand aquatics programs for the community; enrolling the greatest number of individuals possible, while maintaining the highest levels of quality.

### About the Coach...

With over 20 years swimming experience and as a University of Texas alumni, *Kyle Sanders* has been coached by some of the top coaches, including the 2008 Olympic Head Coach, Eddie Reese. Having trained with current Olympic champions Brendan Hansen, Ian Crocker and Aaron Peirsol, his experience at high-level national swim meets and being part of winning teams will allow him to guide your swimmer to meet their goals. He will focus on technique, and pass valuable knowledge on to the swimmers in order for them to succeed at their highest levels.

### About the Facilities...



**Outdoor Pool Coming Soon...** 6 lane 25 meter outdoor saline pool with no wake gutters and non-turbulent lane lines. Pool will be heated during the winter and cooled during the summer.



**Indoor Pool...** 3 lane indoor pool with non-turbulent lane lines for use when there is uncertain weather.



**Strength and Cardio Training...** state of the art weight room, cardio machines, indoor and outdoor tracks.



**Sports Therapy...** licensed physical therapist on staff.



**Human Performance Lab...** metabolic testing, VO2 Max testing, cardiovascular endurance testing and more.