



PARDS of Denham Springs is a proud satellite of Tiger Aquatics Swim Club, LLC in Baton Rouge, La. The addition of USA Swimming at PARDS greatly benefits those who wish to take their swimming to the next level.

To become a part of the team, please contact Head Site Coach Kayla Alf-Huynh (kayla@swimtaq.com) to set up an evaluation! If a swimmer isn't quite ready for one of our year round swim groups, we will recommend either the private or group lessons that PARDS offers.

Denham Springs/PARDS Pool Group Structure

Paws - DS - is designed for swimmers ages 5 and older. The emphasis of this group is to gain better technique of all four strokes: freestyle, backstroke, breaststroke, and butterfly, as well as proper starts and turns. Other emphasis will be placed on kicking, streamline, proper body position in the water and continuing to love the sport! There are 5 practices offered a week; it is recommended that you attend 2-3 per week.

Cubs – DS - is designed for the more competitive 10 & Under athlete. Cubs will continue to work on technique of ALL four strokes: freestyle, backstroke, breaststroke, & butterfly. A focus will be set on IM, underwater kicking, race etiquette, & clock reading. The Cubs group offers 5 practices per week; it is recommended that you attend 3-4 per week.

Tigers – DS - is the 3rd level of competitive training for athletes ages 9-13. At this level, aerobic training is introduced while maintaining & refining proper technique, as well as developing long term and short term goals. A seasonal training mentality will be introduced as well as basic dryland training. The Tigers group offers practice 5 times per week and are highly encouraged to attend 4 out of 5 per week.

SENIOR-DS is the 4th group level offered at PARDS. This group is for 13 & over athletes wanting to improve and compete at the highest level possible. The training will consist of technique work, while continuing to build aerobic capacity sets, test sets and extensive dryland. The Senior group will also focus on seasonal goal setting, proper nutrition and becoming an all around better swimmer. Senior athletes are encouraged to attend as many workouts possible if not all per week.

PARDS PRACTICE SCHEDULE

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Senior-DS	4:00-5:30pm	4:00-5:30pm Dryland 5-5:30	4:00-5:15pm	4:00-5:30pm Dryland 5-5:30	4:00-5:30pm
Tigers-DS	5:00-6:15pm	5:00-6:30pm Dryland 5-5:30	5:00-6:15pm	5:00-6:30pm Dryland 5-5:30	4:00-5:30pm
Cubs-DS	6:00-7:00pm	6:15-7:00pm	6:00-7:00pm	6:15-7:00pm	5:30-6:30pm
Paws-DS	6:00-7:00pm	6:15-7:00pm	6:00-7:00pm	6:15-7:00pm	5:30-6:30pm

PARDS MONTHLY DUES

Group	PARDS Non-Member	PARDS Members
Senior-DS	\$80.00	\$65.00
Tigers-DS	\$80.00	\$65.00
Cubs-DS	\$70.00	\$55.00
Paws-DS	\$60.00	\$45.00

Registration Fees:

- **Annual Registration \$125** (includes: team cap, annual team shirt and USA Swimming registration).
- **One-time Meet Escrow Fee \$50**

Equipment Needed: Fins (Sporti Floating Swim Fins), Snorkel (Finis Swimmer's Swim Snorkel), appropriate swim practice attire (one-piece suits for girls, jammer or speedo for boys) and girls must wear caps. **Dryland (Tigers and Seniors ONLY):** workout clothes, running shoes, water bottle

Swim Meets: We encourage our athletes to compete in meets through the year. Meets are offered at least once a month with the majority of these meets in Baton Rouge or in New Orleans. This assists not only the coach but more importantly the athlete in tracking their progression.