



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.

Tiger Aquatics strives to develop important skills for life in young swimmers. It is our goal to produce confident leaders who have developed the skills of goal setting, self-responsibility, hard work ethic and time management.

If a swimmer isn't quite ready for one of our year round swim groups PARDS offers group swimming lessons. In these lessons beginning swimmers can develop the strength and skills to be able to swim the length of the pool and learn all 4 competitive strokes (freestyle, backstroke, breaststroke, and butterfly). That goal won't be quickly achieved. It takes time. After all, learning to swim is a LIFETIME GIFT.

The next phase for younger swimmers is to further refine their technique while having fun and learning about team dynamics. The first introduction into our Tiger Aquatics team at PARDS is the **PAWS** group.

- **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, but most of all having FUN!
 - Paws athletes will practice: 6:00-7:00pm Monday - Thursday
 - We encourage ALL members of this group to participate in **at least 3 swim meets per season & 8 & under championships**. We hope that through this group, young swimmers will continue to swim and move into the next group (Cubs).
 - The Paws group offers 4 practices a week; it is recommended that you attend 2-3 per week.
 - **Equipment needed:** Fins, Kickboard, Junior Snorkel & Equipment Bag
 - **Dryland:** workouts clothes, running shoes

- **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, racing, attendance, & clock reading. Cubs will also learn how to do and complete a set during a workout.
 - Cubs athletes will practice from: 6:00-7:00pm Monday-Friday
 - ALL Cubs will be **required** to attend at least **3 meets per season** including 8 & Under Championships.
 - The Cubs group offers 5 practices per week; it is recommended that you attend AT LEAST 3-4 per week.

- **Equipment needed:** Fins, Kickboard, Junior Snorkel, & Equipment bag
 - **Dryland:** workout clothes, running shoes
- **Tigers – DS** - is the 3rd level of competitive training for athletes ages 9-13. At this level, aerobic training is introduced through longer distance freestyle and IM based sets. There will be a focus on maintaining & developing proper technique, developing long term vs. short term goal setting techniques. Goals such as qualifying times and a higher level of competitiveness. A seasonal training mentality will be introduced which will prepare athletes to succeed through all levels of swimming. Basic dryland training is introduced for this group as well.
- **Tigers athletes will practice from: 4:00-5:15pm Monday - Friday**
 - We highly encouraged Tiger athletes to attend ALL meets listed on the Tiger Aquatics website
 - The Tigers group offers practice 5 times per week and are highly encouraged to attend 4 out of 5 per week.
 - **Equipment Needed:** Kickboard, Pull Buoy, Fins & Snorkel, Equipment bag
 - **Dryland days:** workout clothes, running shoes, water bottle
- **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, continuing to build aerobic capacity sets, test sets and extensive dryland. The Senior I group will also focus on seasonal goal setting, proper nutrition and becoming an all around better swimmer.
- **Senior group practices from 4:00-6:00pm Mon - Fri.**
 - Senior athletes are encouraged to attend as many workouts possible if not all per week.
 - Senior athletes are expected to attend ALL meets listed on the Tiger Aquatics.
 - **Equipment needed:** Kickboard, Pull Buoy, Fins, Paddles, Snorkel.
 - **Dryland days:** workout clothes, running shoes, water bottle

PARDS PRACTICE SCHEDULE

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior – DS	4:00- 6:00pm	4:00- 6:00pm	4:00- 6:00pm	4:00- 6:00pm	4:00- 6:00pm	No practice
Tigers - DS	4:00- 5:15pm	4:00- 5:15pm	4:00- 5:15pm	4:00- 5:15pm	4:00- 5:15pm	No practice
Cubs - DS	6:00- 7:00pm	6:00- 7:00pm	6:00- 7:00pm	6:00- 7:00pm	6:00- 7:00pm	No practice
Paws – DS	6:00- 7:00pm	6:00- 7:00pm	6:00- 7:00pm	6:00- 7:00pm	No practice	No practice

PARDS MONTHLY DUES

Groups	PARDS/ Non - Member	PARDS / Member
Senior – DS	\$80.00	\$65.00
Tigers – DS	\$80.00	\$65.00
Cubs – DS	\$70.00	\$55.00
Paws– DS	\$65.00	\$50.00

For more INFO, contact Head Coach, Kayla Alf-Huynh at
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