

What is USA Swimming?

USA Swimming is the National Governing Body for the sport of swimming in the United States. USA Swimming is comprised of 400,000 members.

Through the promotion of swimming culture, USA Swimming provides opportunities for swimmers and coaches to participate and advance in swimming through clubs, events and education.

COACH EMILY HARRENSTEIN

Born and raised in Port Townsend, Emily has been swimming since the age of 6, participating in the Swim Club and for the PTHS Swim Team. Emily is a certified swimming coach through USA Swimming and American Swimming Coaches Association.



Call or stop by MVP to register your child for the REDfins Swim Club today!



1925 Blaine Street
Port Townsend, WA 98368
(360)385-POOL (7665)
www.cityofpt.us/pool
redfins@cityofpt.us

MVP
Mountain View Pool

Youth Swim Club

REDfins



City of Port
Townsend

REDfins Youth Swim Club

The proud tradition of youth swimming continues with the

Port Townsend REDfins,
established in 2017. Our

mission is to promote
competitive swimming for
youth in the Port Townsend

area. We encourage fun, fitness
and dedication to developing
athletes who become
ambassadors for the sport and
our community.

Practice Schedule and Membership Information

	Monday	Tuesday	Wednesday	Thursday	Friday
PRO LEVEL	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm	5pm-7pm
GOLD LEVEL	5pm-7pm	5pm-7pm		5pm-7pm	5pm-7pm
SILVER LEVEL	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm	5pm-6pm
BRONZE LEVEL		5pm-6pm		5pm-6pm	5pm-6pm

Membership levels based on age and ability. Club Members are coached on technique, speed, endurance, goal setting and strategy to take their swimming to the next level. Membership includes all USA Swimming membership dues.

PRO LEVEL

Swimmers train for 2hrs, 5 days per week

\$110/Month

GOLD LEVEL

Swimmers train for 2hrs, 4 days per week

\$95/Month

SILVER LEVEL

Swimmers train 1hr, 5 days per week

\$80/Month

BRONZE LEVEL

Swimmers train 1hr, 3 days per week

\$65/Month



SWIMMERS WILL LEARN:

- Stroke refinement
- Stroke technique
- Endurance training
- Healthy athletic habits
- Team building
- Sportsmanship