



WINTER 2018

TIGERSHARKS

JAN 8TH-MARCH 16TH

Fun is the number one goal of Tigersharks! Swim Club introduces the sport of swimming in a fun and competitive atmosphere. Weekly practices emphasize proper stroke technique and drills while building endurance.

>> LEVEL 1 | AGES 6 & UP

REQUIREMENTS: Swim 25 yards of freestyle and 25 yards of backstroke unassisted

>> LEVEL 2 | AGES 7 & UP

REQUIREMENTS: Swim 50 yards of freestyle and 50 yards of backstroke without stopping

>> VARSITY | AGES 12 & UP

FOR MIDDLE & HIGH SCHOOLERS.
REQUIREMENTS: Invitation or Tryout required to participate in Varsity level.

REGISTER ON THE STAFFORD HILLS APP OR
CONTACT THE FRONT DESK AT 503-612-2400.

STAFFORD HILLS CLUB

LEVEL 1

MON | WED | FRI 4:15PM-5:00PM
\$190/MEMBER \$230/GUEST
COACH FRANCIÉ & COACH ULI

LEVEL 2

MON | WED | FRI 5:00PM-6:00PM
\$225/MEMBER \$270/GUEST
COACH MIKE & COACH LINDSAY

VARSITY

MON | WED | FRI 6:00PM-7:00PM
\$225/MEMBER \$270/GUEST
COACH MIKE