



# Join the Oxford Swim & Dive Team



A community-oriented summer competitive swim and dive team designed to engage participants of ALL abilities, ages 5-18

**Practices begin for all swimmers on Tuesday, May 30  
Championships are held the week of July 24**

Practice Schedule:

Monday-Friday

10 & Under – swimming 9-10 am\*\*; diving 10-11 am

11 & Over – swimming 8-9 am and 8:30-9:30 pm;  
diving 9-10 am and 8:30-9:30 pm

\*\* 6 & Under swimmers will practice from 9-9:30 or 9:30-10  
9-9:30 – 6 & Unders who can complete 1 lap of the pool freestyle  
9:30-10 – 6 & Unders who cannot complete 1 lap of the pool freestyle  
and are still developing their technique

**All 6 & Under swimmers should arrive at 9 am on the first day of practice. Coaches will assign them to the most appropriate practice group at that time.**

**Practices and Home meets are at the Oxford Municipal Pool**

Cost: Swimming \$125

Diving \$100

Swimming & Diving \$145

Discounts available for multiple children

All swimmers and divers will also need to purchase a TRI membership

**Not Sure? Give It A Try! \$20 Trial Week!**

Pay just \$20 for May 30 through June 8  
while you give the team a try!

**To register, visit [www.swimosdt.com](http://www.swimosdt.com)**