



**SET SWIM TEAM CONDITIONING**

(\*Sites Subject to change due to construction)

**Rec Swim Level 1 to Level 3 are held at:**

**El Toro High School Pool  
25255 Toledo Way  
Lake Forest, CA 92630**

SET SWIM CONDITIONING; Directed by 2x Olympic Gold Medalist Bradley Schumacher. The swim conditioning programs below are geared toward young swimmers in transition from swim lessons to swim conditioning. The programs focus on the fundamental aspects of all four strokes, drills, refining starts, dives and turns. The programs continue the skills developed in swimming lessons, increase conditioning, as well great practice for triathlons, surfing, and beach swimming. Stop by EL Toro pool to check it out! If you have any questions regarding this program please email Trevor Rodin - setaquatics@gmail.com.

**SET SWIM CONDITIONING Level 1:**

Emphasis on the 4 legal strokes (butterfly, backstroke, breaststroke, freestyle, dives and turns). Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. SWIMMERS MUST BE ABLE TO SAFELY SWIM 25 YARDS (1 LAP) WITHOUT TOUCHING THE SIDE WALLS, LANELINES OR BOTTOM. This is NOT a swim lesson and coaches are rarely in the water.

Fee: \$65/month.

Ages: 4-6 years or based on ability

<b>47250</b>	<b>Mar</b>	<b>M/W/F</b>	<b>4:30 - 5:15 PM</b>
<b>47251</b>	<b>April</b>	<b>M/W/F</b>	<b>4:30 - 5:15 PM</b>
<b>47252</b>	<b>*May</b>	<b>M/W/F</b>	<b>4:30 - 5:15 PM</b>

**SET SWIM CONDITIONING Level 2:**

Swimmers focus on stroke technique for all strokes and should already know all 4 basic strokes as well as dives and turns. We work on pulling with some provided pull gear, kicking, and nightly drills for butterfly, backstroke, breaststroke and freestyle. Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. EQUIPMENT NEEDED – FINS, PADDLES

Fee: \$70/month

Ages: 7-10 years or based on ability.

<b>47256</b>	<b>Mar</b>	<b>Tu/Th/F</b>	<b>4:30 - 5:30 PM</b>
<b>47257</b>	<b>April</b>	<b>Tu/Th/F</b>	<b>4:30 - 5:30 PM</b>
<b>47258</b>	<b>*May</b>	<b>Tu/Th/F</b>	<b>4:30 - 5:30 PM</b>

**SET SWIM CONDITIONING Level 3**

Emphasis on the 4 legal strokes (butterfly, backstroke, breaststroke, freestyle including dives and turns). We focus on strength, fine tuning of strokes to become a faster swimmer. Nightly drills include pulling, kicking, and breathing techniques, stroke technique and endurance. Must come with swimsuit, goggles and cap for those with long hair, especially female swimmers. EQUIPMENT NEEDED – FINS, PADDLES

Fee: \$75/month

Ages: 9-13 years or based on ability.

<b>47262</b>	<b>Mar</b>	<b>M/W/F</b>	<b>4:30 - 5:45 PM</b>
<b>47263</b>	<b>April</b>	<b>M/W/F</b>	<b>4:30 - 5:45 PM</b>
<b>47264</b>	<b>*May</b>	<b>M/W/F</b>	<b>4:30 - 5:45 PM</b>



**SET WATER POLO**

Will be held at:

**El Toro High School Pool  
25255 Toledo Way  
Lake Forest, CA 92630**

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SET Water Polo Club (WPC) is the premier water polo club in the country. SET's nationally recognized coaching staff is devoted to instructing athletes, ages 6 to 20, from beginner to national level in the fundamentals, skills and techniques of water polo. The Intro to Polo and Junior Polo programs are geared to beginning athletes with a swimming background, as an introduction to the sport of water polo. Once the athletes establish a strong water polo skill and fundamental foundation, they graduate to the SET Club program. As the athletes progress from age group to age group, their water polo skills and techniques are further developed and refined with the introduction of tactics and game strategy. SET WPC is not a win at all costs club. The SET coaching staff focuses on continuous development of goal setting skills, personal responsibility, strong mental focus and attention to detail. SET's ultimate goal is to motivate and coach athletes to their full potential. We recognize that each athlete is unique; we coach all levels of athletes regardless if their goal is personal fitness, Age Group Nationals, High School Varsity, Division I College or the National Team. We prepare student-athletes of all ages to be disciplined in all aspects of their life, both in and out of the water, so they ultimately reach THEIR next level.

SET Introduction Water Polo is a program open to ages 6 and up. Participants must be able to swim 25 yards using the free-style stroke. Athletes will be taught the basics of water polo: fundamental egg beater, ball skills, passing, shooting, and earning a foul. Once proficient at these skills the athletes may progress to Junior Water Polo.

SET Junior Water Polo is a program designed for those athletes who have participated in Introduction to Water Polo or have played water polo for 1 year and are ready to take their game to the next level. Athletes will be instructed in the fundamental strategies of the game and will further develop their individual skills in shooting and passing. This program is designed to allow the athletes to transition into club or high school water polo. If you having questions regarding this program please email Trevor Rodin- setaquatic@gmail.com.

**Intro Water Polo \$85 (8 Sessions)  
(Tues/Thurs 6:30 - 7:45 PM)**

<b>47266</b>	<b>Intro</b>	<b>Mar 9 - Apr 1</b>
<b>47267</b>	<b>Intro</b>	<b>Apr 6 - Apr 29</b>
<b>47268</b>	<b>#Intro (new time 6:00pm-7:00pm)</b>	<b>May 4- May 27</b>
<b>49407</b>	<b>#Intro (new time 6:00pm-7:00pm) #fee is \$95 for that session</b>	<b>Jun 1 - June 24</b>

**Junior Water Polo \$95 (8 Sessions)  
(Tues/Thurs 6:30 - 7:45 PM)**

<b>47269</b>	<b>Junior</b>	<b>Mar 9 - Apr 1</b>
<b>47270</b>	<b>Junior</b>	<b>Apr 6 - Apr 29</b>
<b>47271</b>	<b>Junior (new time 6:00pm-7:00pm)</b>	<b>May 4- May 27</b>
<b>49104</b>	<b>Junior (new time 6:00pm-7:00pm)</b>	<b>Jun 1 - Jun 24</b>