



Hello and welcome to the 2025 City of Scottsdale Spring recreational swim team!

The City of Scottsdale Recreational Swim Team provides your child an introduction to a swim team environment where they will practice their swimming skills, build self-esteem, make new friends, get physically fit, and gain competitive experience.

This swim program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness, and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment also generates sportsmanship and team spirit. We hope to make your child's experience fun and rewarding.

It is our goal for each child to gain a skill that can carry life-long benefits, obtain an understanding of the pride that comes with accomplishment, and learn the value of being part of a team.

-City of Scottsdale Aquatic Management Team



Welcome to Recreational Swimming

Recreational teams are designed to be faster paced and have a larger number of participants than swimming lessons. The recreational program is not intended to take the place of a learn to swim lesson but rather build on those skills already learned in classes, refine the strokes, and apply them to a competitive environment.

Safety Protocols

Swimmers must be able to demonstrate at least one length of the pool (25 yards) unassisted, of all 4 competitive strokes (Freestyle, Backstroke, Breaststroke, Butterfly) and the ability to swim consecutive laps in a competition pool (25 yards). Swimmers must be at least 5 years of age to participate. In the event that a participant does not meet the safety requirements on the first day of practice, the participant may be removed from the team. If space is available, pool staff can help finding an appropriate swim lesson for the participant.

Friends and siblings of participants will not be permitted to participate in swim practices on a drop-in basis.

What you'll need

- Swimsuit- This should be a comfortable suit for exercise. The team suits are optional but are more chlorine resistant than a fashion swimsuit and will typically last longer.
- Goggles
- Water bottle
- Towel
- Sunscreen

Practices

Practices are held every Saturday from March 8, 2025, through April 12, 2025, and are 45 minutes in length.

City of Scottsdale Parks and Recreation Behavior Policy

Kindness, consideration and courteous behavior is appreciated and expected.

Treat every patron and staff member with respect.

Respect facility property and the property of others.

Program Feedback

Your feedback is vital to the success of the program. A survey will be sent to your email at the end of the session. Thank you for your support!

Communication & Questions

If there is a pool specific team question and/or problem, the chain of communication is:

1. Coach
2. Assistant Pool Manager
3. Pool Manager

Have a fun, safe and outstanding spring and thank you for your participation in the City of Scottsdale Recreation Swim Team

If you have any questions or concerns about the program, you can contact Ryan Downing at rdowning@scottsdaleaz.gov (480)-312-6654

THANK YOU to Scottsdale Aquatic Club for assisting in coaching, training, and hosting the annual City Championship Swim Meet. Scottsdale Aquatic Club is a year-round competitive swimming program based out of Cactus Aquatic Center.

The Scottsdale program is characterized philosophically by the principles of self-image psychology. This discipline is concerned with guiding and directing individuals toward maximum development of their talents and abilities. Similarly, the Scottsdale coaching staff endeavors to teach, train, and motivate young people to achieve their ultimate potential in swimming in the belief that this experience will prove valuable to them as they grow and develop into adults.

SAC strives to instill in young swimmers an understanding of and appreciation for such life skills and concepts as high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training and in competition.

At each level, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program, and every swimmer, novice to Olympian, is encouraged to "Be the Best You Can Be".

For information on how to join contact SAC call 480.951.5368 or Sacaquaticclub@gmail.com

