



Dear Interested Swimmers and Families:

Machine Aquatics is a year-round swimming club in the Northern Virginia area. We are 400+ athletes and coaches who love swimming and love teaching. Our programs provide a safe, positive and productive environment for athletes of all ages and abilities. From our youngest "Micro-Machines" to our NCAA and beyond swimmers, we encourage our athletes to live and train with vigor.

Our Vision

Machine Aquatics strives to be the preeminent year-round swimming club on the East Coast, and to be universally recognized as a leader in compassionate coaching and competitive swimming instruction for young people.

Our Mission

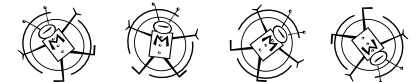
Machine Aquatics strives to make a positive difference in the lives of its team members by promoting good sportsmanship, biomechanically sound techniques, proper nutrition, healthy lifestyle, balance, commitment, responsibility, love for the sport of swimming and self respect.

We are committed to creating an environment where each individual athlete may realize his or her own potential. We believe that the healthiest motivation for a child is the motivation that comes from within, and we endeavor to draw out each child's natural energy, hope and courage, thereby fueling the pursuit of their dreams.



Locations

Tysons Sport & Health - McLean, VA
Oakmarr Rec. Center - Oakton, VA
Audrey Moore Rec. Center - Annandale, VA
Tuckahoe - McLean, VA
Providence Rec. Center - Falls Church, VA



for more information contact

703.391.2077

info@machineaquatics.com

P.O. Box 1108 Fairfax, Virginia 22038-1108

www.machineaquatics.com

REGISTRATION INFO & PROCEDURE

- Fill out the online registration form on our website www.machineaquatics.com/registration.
- Submitted registrations will be reviewed by coaches before they are approved. Upon approval you will be sent a Confirmation, Invoice and Customer Contract. A swimmer's slot will be reserved ONLY upon receipt of the appropriate Registration Fee and a signed Customer Contract.
- Registration fee mandatory for ALL Machine swimmers, no exceptions.
- Please check www.machineaquatics.com/faq for answers to common questions.
- ALL PAYMENTS must be sent to the P.O. address on the brochure cover.

REGISTRAR

Contact Paris Jacobs by email at info@machineaquatics.com with questions.

TRAINING FEES

Registration Fee

Full Short Course Season.....	\$ 399.00
High School/Summer Prep(2 day only).....	\$ 250.00

Registration fee includes USA Swimming Membership and Insurance, Team T-shirt, Team Cap, Some Team Functions/Activities, Meet Entries, Web-Site, Coach/Swimmer Education and Travel Assistance.

Membership Fees

Micro Machine, Age Group & Seniors

7+ workouts a week	\$2,470.00
6 workouts a week	\$2,317.00
5 workouts a week	\$2,059.00
4 workouts a week	\$1,853.00
3 workouts a week	\$1,627.00
2 workouts a week	\$1,441.00

Developmental Machinery (developmental 8 & unders only)

2 workouts a week only.....	\$ 800.00
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(Includes third day FREE - Saturday AM at Oakmarr - 7:45 to 9am)

High School/Summer Prep

2 workouts a week only.....	\$.952.00
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Multi-Swimmer Family Discount

*Swimmer with highest number of workouts is full price,
Any additional swimmers will receive a 5% discount*

TEAM APPAREL available at

Sport Fair - 703.524.9500
5010 Lee Hwy, Arlington, Va. 22207

Aardvark Swim & Sport - 703.631.6045
14221A Willard Rd. Suite 1050, Chantilly, VA. 20151

DEVELOPMENTAL MACHINERY - New competitive 8 & Unders will learn the four major strokes, the fundamentals of racing, diving, and flip turns in a nurturing, positive and hands-on environment. These young athletes are required to know freestyle and backstroke and should be comfortable in the water. They will be encouraged to participate in meets as the coach feels appropriate. Shorter sessions keep these young swimmers excited, focused and warm. (Includes third day FREE - Saturday AM at Oakmarr - 7:45 to 9am)

Location	# Workouts	Days	Time	CODE
Tysons Sport & Health	2X	M,W+ SAT@ OAK	4:30 - 5:05 PM 7:45 - 9:00 AM*	T8M13 (*15 MIN. DRYLAND)
	2X	M,W + SAT@ OAK	5:10 - 5:45 PM 7:45 - 9:00 AM*	T8M23 (*15 MIN. DRYLAND)
	2X	W,F + SAT@ OAK	4:30 - 5:05 PM 7:45 - 9:00 AM*	T8W13 (*15 MIN. DRYLAND)
	2X	W,F + SAT@ OAK	5:10 - 5:45 PM 7:45 - 9:00 AM*	T8W23 (*15 MIN. DRYLAND)

MICRO MACHINES - These experienced 8 & Unders will train side by side with Age Group swimmers. Swimmers must be able to swim three (3) legal strokes and be comfortable in competition to enter this group. This group focuses on mastering the four (4) competitive strokes, starts, turns, finishes and are introduced to interval training and race strategy. Swimmers are encouraged to participate in approximately one(1) meet per month.

Location	# Workouts	Days	Time	CODE
Oakmarr Rec.	2X	M,W	6:45 - 8:00 AM	O862
	3X	M,W,F	6:45 - 8:00 AM	OM63
Audrey Moore Rec.	2X	T,F	6:30 -7:45 AM	A862
	2X	M W	1:30- 3:00 PM 4:30- 5:30 PM	A8M2
	3X	M T,F	1:30- 3:00 PM 6:30- 7:45 AM	A863
	3X	M W SAT@ OAK	1:30- 3:00 PM 4:30- 5:30 PM 7:45- 9:00 AM*	A8M3 (*15 MIN. DRYLAND)
Providence Rec.	2X	T,TH	7:45- 9:00 PM*	PT82 (*15 MIN. DRYLAND)
	3X	TH,TH SAT @ OAK	7:45- 9:00 PM* 7:45- 9:00 AM*	PT83 (*15 MIN. DRYLAND)
Tysons Sport & Health	Refer to Age Group Program for Workouts and Codes			

AGE GROUP PROGRAM - (Ages 8-12) Developmental Age Group Program. Designed to develop proper stroke technique, introduce swimmers to training and competition. Strongly encouraged to participate in approx. one(1) meet per month. Minimum two(2) workouts per week. Suggested three(3) workouts per week.

Location	# Workouts	Days	Time	CODE
<i>Audrey Moore Rec.</i>	2X	T,TH	4:15- 5:30PM	AT2
	2X	M W	1:30- 3:00PM 4:15- 5:30PM* (*15 MIN. DRYLAND)	AMW2
	3X	M T,TH	1:30-3:00PM 4:15- 5:30PM* (*15 MIN. DRYLAND)	AT3
	3X	T,TH SAT @ AMR	4:15- 5:30PM* (*15 MIN. DRYLAND) 5:45- 7:15AM	AO3
	3X	M W SAT@AMR	1:30- 3:00PM 4:15- 5:30PM* (*15 MIN. DRYLAND) 5:45- 7:15AM	AMW3
<i>Oakmarr Rec.</i>	2X	T,TH	4:30- 6:30AM	OA2
	2X	M,W	6:45- 8:00AM	O62
	2X	W,F	6:45- 8:00AM	O6W2
	3X	M,W,F	6:45- 8:00AM	O6M3
	3X	M,W SAT@ OAK	6:45- 8:00AM 7:45- 9:00AM* (*15 MIN. DRYLAND)	O63
	3X	W,F SAT@ OAK	6:45- 8:00AM 7:45- 9:00AM* (*15 MIN. DRYLAND)	O6W3
	3X	M W,F	1:45- 3:30PM 6:45- 8:00AM	OA3+
	3X	M @ OAK W,F @ TYS	1:45- 3:30PM 4:15- 5:45PM	TO3
<i>Tyson's Sport & Health</i>	3X	M,W SAT@ OAK	4:15- 5:45PM* 7:45- 9:00AM* (*15 MIN. DRYLAND)	TMA
	3X	W,F SAT@ OAK	4:15- 5:45PM* 7:45- 9:00PM* (*15 MIN. DRYLAND)	TWA
	3X	M,W SAT@ OAK	7:15- 8:45PM* 7:45- 9:00AM* (*15 MIN. DRYLAND)	TPM3
	3X	T,TH SAT@OAK	7:15- 8:45PM* 7:45- 9:00AM* (*15 MIN. DRYLAND)	TPT3
<i>Providence Rec.</i>	2X	"T,TH"	7:45- 9:00PM* (*15 MIN. DRYLAND)	P2
	3X	"T,TH " SAT@OAK	7:45- 9:00PM* 7:45- 9:00AM* (*15 MIN. DRYLAND)	P3

ADVANCED AGE GROUP - (Ages 8-12) Must have coaches approval to enter these groups. Minimum four(4) workouts per week, suggested five+(5+) workouts per week to take advantage of this option. Advanced training and aggressive goal setting. The bar is set high and participants are expected to make all scheduled workouts. Swimmers will be required to participate in at least one(1) meet per month and they must have the desire and commitment to train. The following practices can be combined to customize your schedule. All schedules are subject to coaches approval. Please indicate COACH who approved workout when registering.

Location	Days	Time
<i>Oakmarr Rec.</i>	T,TH	4:30- 6:30AM
	M,W,F	6:45- 8:00AM
	M	1:45- 3:30PM
	M,W,F	3:00- 5:00PM* *30 Min. Dryland
	SAT	5:30- 8:00 AM
<i>Tyson's Sport & Health</i>	T,TH	3:00- 5:00PM *30 Min. Dryland
	T,TH	4:15- 5:45PM
	M thru TH	7:15-8:45 PM
<i>Audrey Moore Rec.</i>	M	1:45- 3:00PM
	T/F	6:30- 7:45AM
	T/TH	3:30- 5:30PM
	W	4:30- 6:00PM *30 Min. Dryland
	SAT	5:45- 7:15AM
	W/F	4:30- 6:30AM

SENIOR PREP - (Ages 12-18) Two(2) to three(3) days a week. Programs designed to prepare swimmers to progress into more advanced Senior groups. May also be used to prepare for High School or Summer League seasons. Stroke development will be emphasized while improving endurance and efficiency.

Location	# Workouts	Days	Time	CODE
Oakmarr Rec.	2X	T,TH	4:30- 6:30AM	OSP2
	3X	T,TH + SAT	4:30- 6:30AM 5:30- 8:00AM	OSP3
	3X**	M,W + SAT	3:00- 5:00PM* 5:30- 8:00AM *30 Min. Dryland	HOM3
	3X**	T,TH + SAT	3:00- 4:30PM 5:30- 8:00AM	HOT3
**During High School Swim, group moves to T/TH 4:40AM practice				

Tysons Sport & Health	3X	M,W,F	3:00- 5:00PM* *30 Min. Dryland	STM3
	3X	T,TH + SAT @ OAK	3:00- 5:00PM* *30 Min. Dryland 5:30- 8:00 AM	STP3
	3X	M,W+ SAT @ OAK	7:15- 8:45 PM 5:30- 8:00AM	STPM3
	3X	T,TH + SAT @ OAK	7:15- 8:45PM 5:30- 8:00AM	STPT3

Audrey Moore Rec.	2X	W,F	4:30- 6:30AM	AM2
	3X	W,F + SAT @ AMR	4:30- 6:30AM 6:00- 8:00AM	AM3
	3X	M,W,F	4:30- 6:30AM	AS3
	3X	T,TH + SAT @ AMR	3:30- 5:30PM 5:45- 7:15AM	ASP3

HIGHSCHOOL/ SUMMER PREP - This group is designed to prepare for High School or Summer League seasons. Stroke development will be emphasized while improving endurance and efficiency. Group begins 9/9/08 and runs through 11/6/08. Breaks during HS Season and resumes 2/24/08 and runs through 5/14/08.

Location	# Workouts	Days	Time	CODE
Oakmarr Rec.	2X	T,TH	3:00- 4:30PM	HPT

SENIOR - (Ages 13 & UP) Must have coaches approval to enter these groups. Minimum five(5) workouts per week, suggested six+(6+) workouts per week. Advanced training and aggressive goal setting. The bar is set high and participants are expected to make all scheduled workouts. Swimmers will compete at least once per month and they must have the desire and commitment to train diligently.

The following practices can be combined to create a customized schedule with your coach. Must participate in a minimum of five(5) workouts per week to take advantage of this option.

All schedules are subject to coaches approval. Please indicate COACH who approved workout when registering.

Location	Coach	Days	Time
Oakmarr Rec.	Dan Jacobs	M,W,F	4:30- 6:30AM* <i>Limited Space</i> * FOR 6+ WORKOUTS A WEEK ONLY <i>(Must have coaches approval to attend this practice)</i>
		T/TH	4:30- 6:30 AM
		M,W,F	3:00- 5:00PM** <i>(30 MIN. DRYLAND)</i> **No Monday during highschool season and Wednesday space will be limited <i>(Discuss with Coach for alternative workouts during HS)</i>
		SAT	5:30- 8:00AM

Tysons Sport & Health	Dan Jacobs	T/TH	3:00- 5:00PM <i>(30 MIN. DRYLAND)</i>

Audrey Moore Rec.	Christian Doud	M,W,F	4:30- 6:30AM
		T,TH	3:30- 5:30PM**
		SAT	6:00- 8:50AM
Tuckahoe	Christian Doud	T,TH	4:30- 6:30AM** ** USED FOR DOUBLE WORKOUTS ONLY <i>(Must have coaches approval to attend this practice)</i>