



Read this on our website: <http://www.crawfishaquatics.com/swim-team/weekly-newsletter/>

Announcements & Reminders

- **Groups kicking off Fall practice schedules this week:**
See enews for this week practice schedule
-Monday, Junior Red and Adv Age Group
-Wed or Thurs, 8 & Under and Age Group (depends on roster day signed up for)
**some additional "first day of practice" emails will be sent to 8 & U and Age Group this week before practices begin!*
 - **August 13-14: New Swimmer Placement Evaluations**
-For NEW swimmers that NEED a placement evaluation. If you have already been placed in a group, or participated in summer league or previous swim league, you do not need to attend evals.
-Eval Schedule: 5-8 years, 4:30-5:00pm and 9 & Older 5:15-5:45pm
<http://www.crawfishaquatics.com/swim-team/groups/groups-baton-rouge/fall-2018-registration/>
 - **Training Equipment Bags**
List of training equipment per group (Adv AG, Junior White/Black and Senior Division) is posted on the website: <http://www.crawfishaquatics.com/swim-team/team-outfitting/>. ***note if your child is in the same group this season as last season, required items list has not changed***
 - **Short Course season meet dates**
The LA Swimming meeting will take place at the end of August; this is when dates for the short course season will be confirmed. Tentative dates will be published throughout this month prior to the meeting and a finalized schedule will be published in the Enews following the LA Swimming meeting: <http://www.crawfishaquatics.com/swim-team/meet-information/>
 - **Swim School Parties- Indoor pool parties, 12 months of the year!**
Book your fall or winter birthday party at the Crawfish Swim School on Siegen lane or in Prairieville- booking calendar available online:
<http://www.crawfishaquatics.com/parties/crawfish-swim-school>
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Practice Schedule: Week of August 13

- **Novice- Fall Season begins August 27**
**Register online to be placed on the Fall Season roster*
 - Ages 4-8yrs: 3:40pm, or 4:30pm (M/W or T/Th group)
 - Ages 8-9yrs: 5:20-6:00pm (M/W or T/Th group)
 - Ages 9-12 yrs: 6:00-7:00pm (M/W or T/Th group)
- **8 & Under- return to practice Wednesday, August 15 or Thursday, August 16**
-M/W group: return to practice WEDNESDAY, 3:40-4:30pm or 4:30-5:20pm group
-T/Th group: return to practice THURSDAY, 3:40-4:30pm or 4:30-5:20pm group
-Mon-Thurs group: return to practice WEDNESDAY, 3:40-4:30pm or 4:30-5:20pm group

- **Age Group- return to practice Wednesday, August 15 or Thursday, August 16**
 - M/W/F group: return to practice WEDNESDAY, 5:30-6:45pm
 - T/Th/S group: return to practice THURSDAY, 5:30-6:45pm
 - Fri / Sat practices: begin Sept 7/8- Friday (4:45-6:00pm) and Saturday (9:15-10:30am) practices begin. *Fridays/Saturdays can be changed out as needed.*
 - **Junior Red**
 - Monday-Thursday, 4:30-5:30pm
 - **Junior White**
 - Monday-Thursday, 6:00-7:15pm swim
 - Friday, 4:45-6:00pm
 - **Junior Black**
 - Monday-Thursday, 4:30-6:00pm swim
 - Friday, 4:30-6:00pm
 - **Advanced Age Group**
 - Monday-Thursday, 6:15-7:30pm swim
 - **Senior Red**
 - Monday-Thursday, 6:00-7:30pm
 - Tuesday/Thursday, drylands 7:00-7:30pm
 - **Senior White**
 - Monday/Wednesday, 3:45pm pull ups/core and 4:00-6:00pm swim
 - Tuesday/Thursday, 4:00-6:00pm with split dryland groups & swim
 - **Senior Black**
 - Monday: 3:45-6:15pm Swim and Strength
 - Tuesday: 3:45-6:00pm Swim and Core
 - Wednesday: 3:45-6:15pm Swim and Strength
 - Thursday: 3:45-6:00pm Swim and Core
 - Friday: *3:45-5:15pm Strength*
 - Saturday: Off
 - ** Friday afternoon strength for Black 1 only*
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Fall Swim Lessons kick off August 20 at the Crawfish Swim School

If you have younger siblings *not quite ready* for Novice or Swim Team at Crawfish Aquatics on Bluebonnet OR your Novice or developmental swimmer has a busy Fall but wants to stay in the water at least 1 x per week, check out the [Crawfish Swim School!](#) *Water safety skills matter, no matter the season- don't let all swimming progress made during the summer fade away during the school year.* Crawfish Swim School is located in Prairieville (at Bayou Oaks 73) and Baton Rouge (Siegen Lane) and offers year-round swimming lessons in a one lessons class per week format, running in 3 sessions: Fall, Spring, Summer.

Fall Session runs August 20-December 20 and REGISTRATION IS OPEN & BOOKING QUICKLY.

- Private lessons starting at 18 months to adult
- 2 year old Group Swim Lesson Classes
- Beginner, Intermediate, Advanced Group Lesson Classes, ages 3-10 years

- Rising Stars Class: ages 4-10 years working on all skills related to swim team in a non-competitive environment. Similar to the Novice group at Crawfish Aquatics but with a one class per week option.
- Water Tykes (adult with child): ages 6-28 months

More Info on Crawfish Swim School in Prairieville and Baton Rouge (Siegen)

<https://mailchi.mp/crawfishaquatics.com/back-to-swim-school-register-for-fall-lessons>

Connect with Crawfish Aquatics online

- Team Unify: Account Mgmt- <https://www.teamunify.com/Home.jsp?tabid=0&team=laca>
- Facebook: www.facebook.com/crawfishaquaticsbatonrouge
- Instagram: [crawfishaquatics.br](https://www.instagram.com/crawfishaquatics.br)
- Twitter: <https://twitter.com/crawfishaquatic>
- Website: www.crawfishaquatics.com