'26-'27 AMBUSH SWIMMING TRAINING GROUPS

TRAINING GROUP	Session Training Fee[1]	2026-2027 PRACTICE SCHEDULES & TIMES schedule subject to change						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stroke Dev.	Season-$420 Monthly-$155 Drop in-$15		Sw 4:15-5:15pm		Sw 4:15-5:15pm			Sw 11:15-12:15pm
Bronze	Season-$480 Monthly-$175 Drop in-$20		Sw 4:15-5:30pm Dry 5:35-5:45pm		Sw 4:15-5:30pm Dry 5:35-5:45pm		Dry 2:45-2:55pm Sw 3-4:15pm	Dry 11-11:10am Sw 11:15-12:30pm
Silver	Season-$540 Monthly-$195 Drop in-$20		Dry 4:50-5:10pm Sw 5:15-6:45pm		Dry 4:50-5:10pm Sw 5:15-6:45pm		Dry 1-1:25pm Sw 1:30-3pm	Dry 9:15-9:40am Sw 9:45-11:15am
Gold	Season-$600 Monthly-$215 Drop in-$25	Dry 5:30-6:30am Sw 4:15-6pm Dry 6:10-6:30pm		Dry 5:30-6:30am Sw 4:15-6pm Dry 6:10-6:30pm		Sw 5:15-6:30am Sw 4:15-6pm Dry 6:10-6:30pm	Dry 11-11:40am Sw 11:45-1:30pm	Sw 8-9:45am Dry 9:50-10:15am
Masters	Monthly- $75 Drop in-$15	5:30-6:30am	5:30-6:30am	5:30-6:30am	5:30-6:30am		7-8am	

(1) Fee Options: Seasonal, Monthly or Drop in
Season:. Fall (September, October, November)
Winter (December, January, February)
Spring (March, April, May)
Summer Prorated (June and July)
Team takes August off

(2) **$99 Registration fee** includes Team T-Shirt, Cap and remainder applies to team social/banquet events

(3) **$USA Swimming Registration fee** after Free Trial(One time Annual)

(4) Discounts offered for bundling, multiple siblings, military, educators and first responders

Free Trial Class:

We offer a free trial class for all new members. Email Coach Neal at info@southjerseywaterpolo.org to set up your trial today.

Registration:

Swimmers are required to register with USA Swimming Flex or Annual membership to join the team. SJWP reserves the right to refuse entry to any unregistered swimmer prior to the start of the attended practice and any players with lapsed memberships.

For try-out requests, please e-mail Coach Neal at info@southjerseywaterpolo.org