

**Q: How do I sign up for Swim, Dive, Water Polo, Tennis or Artistic Swimming Team?**

**A:** Go to the teams tab on AHSTC.com. Each team's page contains a link to registration.

**Swim, Tennis, and Dive team registration closes on JUNE 17th.**

**Q: What are the dates for the team season?**

**A: Swim**

Spring: May 9-June 17 (Monday-Friday)

(Speedy Sixers: TBD)

Summer: June 20 – July 29

**Tennis**

Spring: May 23 – June 16 (Monday-Thursday)

Summer: June 20 – July 26

**Dive**

Spring: May 24 – June 17 (Tuesday, Thursday, Friday)

Summer: June 20 – July 29

**Water Polo:**

Summer: July 11 - Aug 26 (M -Sat)

**Artistic Swimming:**

Summer: June 20 - July 9 (M -Sat)

**Q: How much will teams cost?**

**A:** Team fees are:

**Swim:** \$150

**Tennis:** \$150

**Dive:** \$150

**Water Polo:** \$125

**Artistic Swimming:** \$50

**Speedy Sixers:** Coming Soon

**Q: How old does my child need to be to participate in teams?**

**A: Swim:** Minimum age is 5 for Speedy Sixers.

**Tennis:** Minimum age is 7.

**Dive:** Minimum age is 5.

**Water polo:** Minimum age is 9.

**Artistic Swimming:** Minimum age is 6.

**Q: My child is a beginner, can he/she/they sign up?**

**A: Swim team:** If your child can swim the width of the dive tank, they can join the swim team.

**Dive team:** Must be willing to jump off the diving board and able to swim unaccompanied to the side of the pool.

**Tennis team:** All levels are welcome

**Water polo:** Athletes must feel confident treading water for long periods of time.

**Artistic swimming:** athletes must be able to swim a full lap of the pool with a front crawl and side breathing similar to the dive test per the Arbor Heights diving pool policy. Ability to tread water for a min of 20 seconds and feel comfortable holding breath underwater.

**Q: Are there any COVID restrictions we need to be aware of?**

A: Our COVID-19 policies are based on King County Health Department standards. Please realize that health department standards change as a result of COVID-19 infections in our area. Full contact water sports such as water polo may still require proof of COVID-19 vaccination.

**Q: What are the Meet/Match Dates?**

We are planning a full schedule this year, similar to what we had prior to the COVID pandemic.

**Swim Team:** Details for the swim team schedule are posted on the swim team page at [Swim Team – Arbor Heights Swim and Tennis Club \(ahstc.com\)](#)

**Dive Team:** We have dive meets scheduled July 8, 15, and 22<sup>nd</sup>. More details are on [Dive Team – Arbor Heights Swim and Tennis Club \(ahstc.com\)](#)

**Water Polo:** Polo Intersquad time trials Thur - Aug 18. Games Aug 21, 28, and Sept 1.

**Artistic Swimming:** We have a Synchro show planned for Sunday July 10th

**Tennis:** We are planning tennis matches against other clubs this year. Matches will be held on Mondays and Wednesdays starting on June 27. Actual match dates will be June 27 and 29 and July 6, 11, 13, 18, and 20. All matches will be held at Arbor Heights this year and will begin at 4.30pm. Our Team Manager Molly Corson will provide specific instructions prior to each match regarding registration and start times for individual players. More details can be found at [Tennis Team – Arbor Heights Swim and Tennis Club \(ahstc.com\)](#)

**Q: Where can I find the spring and summer practice schedules?**

You can find practices schedules on the home page of the website – there is a drop-down menu under “Teams”

**Q: How many youths will be able to register for each team?**

A: All interested youth members may participate in teams.

**Q: Who is coaching?**

A: We have a terrific line up of coaches. Go to the teams tab on AHSTC.com. and see each team’s page.

**Q: Can my child purchase any snacks or beverages when they are at the club for practice?**

A: No, the snack shack will not be open during team practices.

**Q: Who do I contact if I have more questions?**

A: Each team has a board representative who can help answer questions.

Swim: [ah-swim@ahstc.com](mailto:ah-swim@ahstc.com)

Dive: [ah-dive@ahstc.com](mailto:ah-dive@ahstc.com)

Tennis: [ah-tennis@ahstc.com](mailto:ah-tennis@ahstc.com)

Water Polo: [ah-polo@ahstc.com](mailto:ah-polo@ahstc.com)

*Artistic swimming: [ah-hr@ahstc.com](mailto:ah-hr@ahstc.com)*