

## **TAAF SUMMER ONLY SWIM PROGRAM – OFF SEASON GUIDELINES**

- 1) January 1 through March 31 - Swimmers may participate in clinics two (2) days per month during this time period.
- 2) Beginning April 1 – April 30, swimmers may participate in clinics not to exceed 90 minutes per week.
- 3) Summer Season Work-outs can begin on May 1<sup>st</sup> each year.
- 4) Registration/Notification (optional) – It is required that the State Commissioner be notified of clinics as to eliminate any questions or concerns that arise during the season.