

# Swarm Open Gyms and Workout Lessons

Age	Day	Date	Time	Site	Fee
11&12 Juniors	Sun	Oct 23	2:30-4:00	Holy Spirit Church Gym	\$5
13 Juniors	Sun	Oct 23	4:00-5:30	Holy Spirit Church Gym	\$5
14 Juniors	Sun	Oct 23	5:30-7:00	Holy Spirit Church Gym	\$5
11&12 Juniors	Sun	Oct 30	12:30-2:00	Holy Spirit Church Gym	\$5
13&14 Juniors	Sun	Oct 30	2:00-3:30	Holy Spirit Church Gym	\$5
15 Juniors	Mon	Nov 7	6:00-7:30	Holy Spirit Church Gym	\$5
16&17 Juniors	Mon	Nov 7	7:30-9:00	Holy Spirit Church Gym	\$5

Check the Swarm website at [www.southsideswarmvbc.com](http://www.southsideswarmvbc.com) for the latest Open Gym dates/times and workout lesson information.

## Swarm Tryout Schedule

Age	Level	Day	Date	Time	Site	Tryout Fee
11 Juniors	S	Sat	Nov 5	2-4 pm	Holy Spirit Church Gym	\$10
12 Juniors	S	Sat	Nov 5	2-4 pm	Holy Spirit Church Gym	\$10
13 Juniors	G,S	Sat	Nov 5	8-10 am	Holy Spirit Church Gym	\$10
14 Juniors	G,S	Sat	Nov 5	11am-1 pm	Holy Spirit Church Gym	\$10
15 Juniors	G,S	Sat	Nov 12	8-10 am	Holy Spirit Church Gym	\$10
16 & 17 Juniors	G,S	Sat	Nov 12	11am-1 pm	Holy Spirit Church Gym	\$10

Check The Swarm website – [www.southsideswarmvbc.com](http://www.southsideswarmvbc.com) for updates and additional information.  
G=Gold, S=Silver

## Age Guidelines - 2011-2012 Season

- 11 Juniors - Players born on or after Sept 1, 2000
- 12 Juniors - Players born on or after Sept 1, 1999
- 13 Juniors - Players born on or after Sept 1, 1998
- 14 Juniors - Players born on or after Sept 1, 1997
- 15 Juniors - Players born on or after Sept 1, 1996
- 16 Juniors - Players born on or after Sept 1, 1995
- 17 Juniors - Players born on or after Sept 1, 1994
- 18 Juniors - Players born on or after Sept 1, 1992