Winter 2026/27 Sessions

Davis AquaMonsters **Winter practice starts Monday, November 30**

One registration, both pools. Big Monsters, White Group, and Red Group swimmers attend any day Monday through Friday, choosing the days that fit their family and their other activities. Attend as many or as few as you like. Swimmers who attend more often build technique and fitness faster and get to know more of their teammates.

Big Monsters, White Group, Red Group, and Teen Fitness are off for winter break 12/21 to 1/1 and return Monday, 1/4. No AQM practice Martin Luther King Jr. Day, Monday 1/18. Little Monsters returns in spring.

AQM FOUNDATION

Big Monsters

Ages 5 to 8+ | 45 minutes

Kindergarten or older, able to swim 12.5 yards of freestyle independently.

Time	Days	Pool	Dates	Fee
6:00 to 6:45pm	MWF	Schaal	11/30 to 1/29	$287
4:00 to 4:45pm	TThF	Manor	12/1 to 1/29	

White Group

Ages 8 to 12 | 60 minutes

Able to swim 25 yards of freestyle and 25 yards of backstroke.

Time	Days	Pool	Dates	Fee
6:00 to 7:00pm	MWF	Schaal	11/30 to 1/29	$304
4:45 to 5:45pm	TThF	Manor	12/1 to 1/29	

TRAINING AND COMPETITIVE TRACK

Red Group

Competitive track | Ages 9 to 13, minimum 4th grade | 90 minutes

All four competitive strokes legal, ready for structured training and competition. Swim meet participation is expected. Swimmers are placed in Red by the Directors.

Time	Days	Pool	Dates	Fee
6:15 to 7:45pm	MWF	Schaal	11/30 to 1/29	$348
4:15 to 5:45pm	TThF	Manor	12/1 to 1/29	

Teen Fitness

Training track | Ages 13 to 19 | 75 minutes

Swim in a fun, challenging, and supportive environment without the expectation of year round competition. Swim meet participation is optional.

Time	Days	Pool	Dates	Fee
6:45 to 8:00pm	MWF	Schaal	11/30 to 1/29	$313

Black Group, Senior Training, and Senior Racing run 11/30 to 1/31, 9 weeks, at Schaal Aquatics Center. These three groups train through winter break. Winter break training, including Hell Week, is emailed separately. No AQM practice Monday 1/18.

Black Group

Competitive track | Grades 7 to 8

Strong technical skills, competitive experience, understands interval training. Placement by the Directors.

Time	Days	Pool	Dates	Fee
6:00 to 8:00pm	MWF	Schaal	11/30 to 1/31	$460
4:15 to 6:15pm	TTh	Schaal	11/30 to 1/31	
5:30 to 7:00am	M	Schaal	11/30 to 1/31	
9:00 to 11:00am	Sun	Schaal	11/30 to 1/31	

Senior Training

Training track | Grades 9 to 12 | 3 to 4 practices per week

Same water and same coaches as Senior Racing. Choose the practices that fit your schedule. Monday morning is reserved for Black Group and Senior Racing. Swimmers who want to compete register for Senior Racing.

Time	Days	Pool	Dates	Fee
6:00 to 8:00pm	MWF	Schaal	11/30 to 1/31	$460
4:15 to 6:15pm	TTh	Schaal	11/30 to 1/31	
5:30 to 7:00am	Th	Schaal	11/30 to 1/31	
9:00 to 11:00am	Sun	Schaal	11/30 to 1/31	

Senior Racing

Competitive track | Grades 9 to college

Competitive experience, trains on intervals, committed to practice + competition. Swim meet participation is expected. Placement by the Directors.

Time	Days	Pool	Dates	Fee
6:00 to 8:00pm	MWF	Schaal	11/30 to 1/31	$524
4:15 to 6:15pm	TTh	Schaal	11/30 to 1/31	
5:30 to 7:00am	M, Th	Schaal	11/30 to 1/31	
9:00 to 11:00am	Sun	Schaal	11/30 to 1/31	

PROGRAM COMPONENT

Strength Training

Grades 8 to college | formerly Dryland | adds on to any swim group

Added on to swim group dues. Days, times, and details to be announced. Approval from Pete Motekaitis required.

HOW TO REGISTER

1. Choose your practice group session.
2. Go online to www.davisaquamonsters.org.
3. Click Register, then Online Registration, and follow the instructions.
4. Mail your session fee, and for new AQM members the prorated Annual Registration fee of $25 check or $27 credit card, to Davis AquaMonsters, PO Box 788, Davis, CA 95617-0788.

The AQM membership year begins in March. Fees shown on this sheet are check pricing. For those paying by credit card, the convenience fee is included in the session total shown at registration and is processed manually by the registrar.

POLICIES + DISCOUNTS

Check payments must be received within 5 business days of online registration. Your spot is secured once your online registration is complete and all paperwork and payment have been received. We urge early registration for all sessions so we can staff groups properly. If enrollment is low, AQM reserves the right to cancel a session, and we notify you only if a session is cancelled.

To keep fees as low as possible for all AQM families, we do not offer prorates, refunds, or cancellations once you have signed up online and reserved a spot.

Third swimmer discount: 50% off the lowest swim session fee. The Annual Registration fee is excluded from this discount.

Question	Contact	Email
Registration and payment	Sue Peri, AQM Registrar	registrar@davisaquamonsters.org
Group placement and approval	Sara McKechnie, Operations Manager	sara@davisaquamonsters.org