Summer 2025
Braddock Heights Barracudas

- Open to swimmers 5-18
- No competitive experience or pool membership required
- Registration open May 1-31
- $150 per swimmer plus an additional $60 per family if not already Braddock pool members
- Practices begin at MHS pool on May 27 in the evenings and move to Braddock pool after the last day of school
- Practices at Braddock are Monday—Friday

  8:00-9:00am for ages 5-12

  9:00-10:00am for ages 13-18

  *Tuesday practice times may vary
- Evening practices available Mon.– Wed. from 8:15-9:00pm
- Meets on Saturday mornings beginning June 14 and ending at the All-Stars meet on July 26.
- Home meets are at MHS pool
- Away meets are at various locations in Frederick County
- Follow us on Facebook for registration info and link