

# Vaughan Aquatic Club



**Pre-Competitive Squad - Introduction to Competitive Swimming**

**Al Palladini C.C.**

**PREREQUISITES:**

**Completed Red Cross Level 6, 7, or 8**

**(Life Saving Swimmer 5 or 6)**

**Ages 7, 8, 9**

AFFILIATED TO SWIM ONTARIO AND SWIM CANADA

PROFESSIONALLY COACHED BY:

Greg Jacobson

Bachelor of Education (B.Ed.)

Masters of Education (M.Ed.)

SWIMMING EXCELLENCE THROUGH FUN, & FITNESS

Swim Team Style Environment

Superior Stroke Development for All Strokes · Exposure to the Sport of Competitive Swimming · Fun through Fitness · Nutritional Education · Diving / Competitive Turns · Developing Coordination · Building Strength Flexibility · Endurance

**Fall Program Starts September 22nd - Dec 8th**

**Friday: 4:00 P.M. — 5:00 P.M.**

**Cost: \$450.00 (Inc. HST + Reg. Swim Canada & Ont.)**

**(Winter & Spring Dates TBA)**

**(905) 770-9506**

**[www.vaughanaquaticclub.com](http://www.vaughanaquaticclub.com)**