

Vaughan Aquatic Club



**Pre-Competitive Squad - Introduction to Competitive Swimming
At Palladini C.C.**

PREREQUISITES:

**Completed Red Cross Level 6 or Life Saving Swimmer 5
Ages 7-9**

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

Full Year Option: September 21st - June 14th

\$1185.00 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 21st - Dec 7th - \$495 (Inc. HST & Reg. Swim Can. & Ont.)

Winter Option: Jan 4th - Mar 8th - \$420 (Inc. HST & Reg. Swim Can. & Ont.)

Spring Option: Mar 22nd - Jun 14th - \$495 (Inc. HST & Reg. Swim Can. & Ont.)

Friday - 4:00 P.M. - 5:00 P.M.

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