

# 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 20th - June 12th**

**\$1220.00 (Inc. HST & Reg. Swim Canada & Ont.)**

**Fall Option: Sept 20th - Dec 6th - \$510 (Inc. HST & Reg. Swim Can. & Ont.)**

**Winter Option: Jan 3rd - Mar 13th - \$470 (Inc. HST & Reg. Swim Can. & Ont.)**

**Spring Option: Mar 27th - Jun 12th - \$470 (Inc. HST & Reg. Swim Can. & Ont.)**

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

**[jacobsongreg4@gmail.com](mailto:jacobsongreg4@gmail.com)**

**(647) 801 - 8507**