

Vaughan Aquatic Club



Pre-Competitive Squad - Introduction to Competitive Swimming

Al Palladini C.C.

PREREQUISITES:

Completed Red Cross Level 7, 8 or 9

(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

Session Starts January 5th– March 9th

Friday: 4:00 P.M. — 5:00 P.M.

Cost: \$385.00 (Inc. HST + Reg. Swim Canada & Ont.)

(Spring Dates TBA)

(905) 770-9506

www.vaughanaquaticclub.com