



VAUGHAN AQUATIC CLUB

www.vaughanaquaticclub.com



FREE TRYOUT – THORNHILL BRANCH

NORTH THORNHILL C.C.

300 Pleasant Ridge Ave. Thornhill ON L4J 9B3

WEDNESDAY SEPT. 4

6:00 p.m. to 7:00 p.m.

Swimmers age 8 – 10 completed Red Cross Level 9 or Lifesaving Rookie/Ranger
Pre - Competitive: Swimmers ages 7-9 comp Red Cross Level 6 or L/S Swimmer 5

The goals of our Competitive Swimming Program are:

- * Improve swimming technique and learn to swim more efficiently
- * Learn and practice competitive swimming starts, turns & race strategies
- * Learn to stretch in order to improve flexibility
- * Have fun while learning to swim well
- * Compete against other swimmers and clubs
- * Develop team spirit

SWIMMERS PLEASE BE ON THE POOL DECK AT 5:50 P.M. WITH SWIM SUIT AND GOGGLES READY TO SWIM!

**PARENTS CAN WATCH THE TRYOUT FROM THE VIEWING GALARY.
COACH'S BRIEFING AFTER TRYOUTS**

**REGISTRATION FOR SELECTED SWIMMERS IN ACTIVITY ROOM
7:00 – 8:00 P.M.**