

VAUGHAN AQUATIC CLUB

www.vaughanaquaticclub.com

FREE TRYOUT – WOODBRIDGE BRANCH

**WOODBIDGE MEMORIAL ARENA
5020 Highway 7, Woodbridge ON L4L1T1**

**TUESDAY SEPT. 3
6:00 p.m. to 7:00 p.m.**



**Novice Group: Swimmers ages 8 – 10 comp Red Cross Level 9 or 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 VIEWING GALLERY 7:00-8:00 P.M.

***Limited spots available for our Novice group, as we select most of our Novice swimmers from our Pre-Competitive Program.**