

Vaughan Aquatic Club



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

PREREQUISITES:

Completed Lifesaving Society 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 18th - June 11th

\$1520 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 18th - Dec 11th - \$650 (Inc. HST & Reg. Swim Can. & Ont.)

Winter Option: Jan 8th - Mar 12th - \$540 (Inc. HST & Reg. Swim Can. & Ont.)

Spring Option: April 2nd - Jun 11th - \$595 (Inc. HST & Reg. Swim Can. & Ont.)

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

vaughanaquaticclub@gmail.com