

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 7-10**

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 23th - June 16th

\$1260.00 (Inc. HST & Reg. Swim Canada & Ont.)

Fall Option: Sept 23rd - Dec 9th - \$540 (Inc. HST & Reg. Swim Can. & Ont.)

Winter Option: Jan 6th - Mar 10th - \$450 (Inc. HST & Reg. Swim Can. & Ont.)

Spring Option: Mar 24th - Jun 16th - \$540 (Inc. HST & Reg. Swim Can. & Ont.)

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

vaughanaquaticclub@gmail.com