

VAUGHAN AQUATIC CLUB

FREE TRYOUT – WOODBRIDGE BRANCH



Location:

WOODBRIDGE POOL & MEMORIAL ARENA
5020 Hwy 7, Woodbridge, ON L4L 1T1

When:

THURSDAY, SEPT. 8
6:00 p.m. - 8:00 p.m.

Prerequisites:

Novice Group: Swimmers aged 8-10 Completed Lifesaving Society Rookie Patrol or Red Cross Level 9

Pre-Comp Squad: Swimmers aged 7-9 Completed Lifesaving Society Swimmer 5 or Red Cross Level 6.

Schedule of Groups:

Novice Group: Tuesday & Thursday – 6:00-7:00pm, Saturday 7:00-8:00am – All 3 Practices/week are @ Woodbridge Pool & Memorial Arena.

Pre-Comp Squad: Friday – 4:00-5:00pm – 1 practice/Week @ Al Palladini C.C.

The goals of our Competitive Swimming Program:

- Improve swimming technique and learn to swim more efficiently.
 - Learn and practice competitive swimming starts, turns & race strategies.
 - Learn to stretch to improve flexibility.
 - Have fun while learning to swim well.
 - Compete against other swimmers and clubs.
 - Develop team spirit.
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- ✓ **SWIMMERS PLEASE BE ON THE POOL DECK AT 5:50 P.M. WITH SWIMSUIT AND GOGGLES READY TO SWIM!**
 - ✓ **PARENTS CAN WATCH THE TRYOUT FROM THE VIEWING GALARY.**
 - ✓ **SELECTED SWIMMERS WILL BE EMAILED.**
 - ✓ **LIMITED SPOTS AVAILABLE FOR OUR NOVICE GROUP, AS WE SELECT MOST OF OUR NOVICE SWIMMERS FROM OUR PRE-COMPETITIVE PROGRAM.**