

# **VAUGHAN AQUATIC CLUB**

## **FREE TRYOUT – WOODBRIDGE BRANCH**



### **Location:**

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

### **When:**

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

### **Prerequisites:**

**Novice Group:** Swimmers aged 8-10 Completed Lifesaving Society Rookie Patrol.

**Pre-Comp Squad:** Swimmers aged 7-9 Completed Lifesaving Society Swimmer 5.

### **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.
- 
- ✓ **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.**