

# Vaughan Aquatic Club



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

**PREREQUISITES:**

**Completed Life Saving 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 22nd - June 14th**

**\$1290.00 (Inc. HST & Reg. Swim Canada & Ont.)**

**Fall Option: Sept 22nd - Dec 8th - \$560 (Inc. HST & Reg. Swim Can. & Ont.)**

**Winter Option: Jan 12th - Mar 8th - \$420 (Inc. HST & Reg. Swim Can. & Ont.)**

**Spring Option: Mar 22nd - Jun 14th - \$560 (Inc. HST & Reg. Swim Can. & Ont.)**

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

**[vaughanaquaticclub@gmail.com](mailto:vaughanaquaticclub@gmail.com)**