



San Diego Aquatic Club Pre-Competitive Team

www.swimsdac.com

Dates: Start September 7, 2010

Time: Monday thru Friday 5:30-6:30pm

Location: Rancho Bernardo High School pool

Cost: \$85 monthly, plus

\$100 Yearly registration per family

(If you were on the 2010 summer swim-team, your registration fee is waived!)

All Ages Welcome. Swimmer must be able to swim 25 yards.

In the pre-competitive level of swimming, swimmers begin to build endurance and improve their skills in all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Swimmers will work on stroke technique and drills designed to make their swimming easier and more efficient, while developing enthusiasm for the sport of swimming. Swimmers are encouraged to attend as many practice sessions as possible, but daily attendance is not mandatory. All practices are coached by a certified United States Swimming coach.

Throughout the year, the pre-competitive team will be participating in novice events while working towards C level competition. These events provide the swimmers an opportunity to have fun while utilizing their newly developed swimming skills.

New Pre-competitive team members will receive a team t-shirt and swim cap with registration.

This is an excellent program for children who wish to improve their swimming skills, while gaining the benefit and experience of a team environment.

For more information, please call:

(858) 254-2233.