

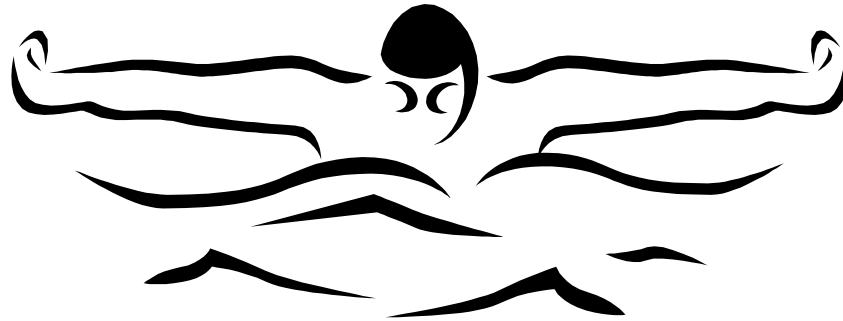


Alameda Island Aquatics



www.alamedaislanders.org
email: membership@alamedaislanders.org

Swim Team Open House & Clinic



This program is designed to help young swimmers develop and improve their swimming skills and introduce them to the sport of swimming. This is not swimming lessons.

- When:** Sunday, April 18th, 1:00 (sharp) to 3:00
Where: Encinal High School Swim Center (Third Street @ Central Avenue, Alameda)
Bring: Swim suit, towel, goggles, change of clothes, and a winning attitude!
Qualifications: Ages 5 to 18, demonstrate some basic water safe skills (torpedo & freestyle/crawl), and be accompanied by an adult
Cost: Free!
What to Expect:

- Demonstrations by Islander team members
- Swim skill assessment by our seasoned coaching staff
- Discussion by swim team parents and members
- Questions and Answer Session

Novice Program Information

After the Clinic, the Islanders will offer a six-week Novice Program for those who qualify and are interested in “testing the waters,” at a low cost of \$100. The Novice Program is a requisite for young swimmers aspiring to join the team. The session starts April 20th to May 7th, a week off, and continues May 18th to June 4th at the Encinal High School Swim Center. Enrollment is limited to 30 participants divided into two groups. Practice days are Tuesdays to Fridays for 45 minutes, one group starting at 4:00 and the next at 4:45. Be sure to pick up an enrollment packet at the Open House or visit our website.

Paperwork and payment are required on April 20th