



The Cypress Fairbanks Swim Club, a USA Swimming gold medal club will offer its popular Head Start Program for Summer League Swimmers again this spring. The program is designed to meet the needs of summer league swimmers by focusing on technique, endurance, and fun, while providing an opportunity to train with some of the best USA Swimming coaches in the city. FLEET coaches are all provided with the latest teaching tools through the American Swimming Coaches Association. This means that swimmers will learn the most up-to-date technique available. Programs run for five weeks beginning the week of March 22nd. Swimmers will practice three times each week at one of the following locations:

Bleyl Middle School:	Tues, Wed, and Thurs	5:45 – 6:45 PM
Spillane Middle School:	Mon, Wed, and Thurs	7:15 – 8:15 PM
Arnold Middle School:	Mon, Wed, and Thurs	7:00 – 8:00 PM
Fleet Aquatic Center**:	Mon, Tues, and Wed	6:45 – 7:45 PM

**** (Ages 11 and up. Ten year olds may be accepted to swim at the Fleet Aquatic Center upon completion of a Fleet coach supervised swim test conducted during registration days on March 1st & 2nd from 6-8 pm).**

Swimmers must be 7 years of age by May 31, 2010 to participate at Bleyl, Spillane or Arnold. Six year-olds may be accepted upon completion of a Fleet coach supervised swim test conducted during registration days on March 1st & 2nd from 6-8pm. Please bring a swimsuit and be ready to swim.

The cost for the entire 5-week program is \$120.

***Since the program size is limited we will not accept registration forms before March 1st, 6pm. and spaces will be filled on a first come – first served basis.**

Registration will take place on March 1st & 2nd from 6-8 pm at the Fleet Aquatic Center located at 14654 Spring Cypress Road near Telge and Spring Cypress. Any additional registrations, if spaces remain, will be taken at the Fleet office during normal business hours.



For more information call the FLEET office at 281-376-2372 or visit our web site at www.fleetswimming.com

This activity is not related to or sponsored by the Cypress-Fairbanks Independent School District