

- * **Year Round Swimming**
- * **USA Swimming Accredited**
- * **Professional Coaching**
- * **Quality Program**
- * **Multiple Pool Locations**
- * **Training for All Levels**
- * **Competitions**
- * **Social Events**
- * **Low Monthly Rates**
- * **Family Discounts**
- * **Low Income Discounts**

SPEEDO

Is the official swimwear brand and Sponsor of South Bay Aquatics

**PARADOWSKI'S
SWIM & SPORT**

Is the official swimwear supplier for South Bay Aquatics

Location: 7962 Convoy Ct., SD
Phone: 858-569-6946

Locations

South Bay Aquatics utilizes several pools in the South Bay area to better serve the entire area.

Loma Verde Pool
1420 Loma Lane., Chula Vista

Mater Dei High School
1615 Mater Dei Dr., Chula Vista

Eastlake Greens Country Club Park
2375 Clubhouse Dr., Chula Vista
(Eastlake Residents ONLY)

Monthly rates start at \$80

Discount Programs:
(Discounts may not be combined)

Family Discount:
Families with more than 1 active swimmer:
Highest level swimmer pays full fee, all additional sibling members receive a \$10 monthly discount off their level.

Low Income Discount:
EACH YEAR family must provide documentation of qualification for "Free or Reduced Lunch" from their school district to receive a 25% discount off the regular fee.

For additional information concerning fees and payments, contact the treasurer at treasurer@southbayaquatics.org or the SBA Admin at admin@southbayaquatics.org.



A "USA Swimming" Age Group competitive swim team serving the South San Diego area.

www.southbayaquatics.org

Contact information:
admin@southbayaquatics.org
- or -
sba.info.krissy@aol.com

**Call/Text
(619) 865-4209**

About South Bay Aquatics

South Bay Aquatics is a 501 (c)(3) non-profit charitable organization dedicated to promoting the sport of swimming in Southern San Diego County. It was established in 2001 when the teams of Chula Vista Aquatics Association, National City Swim Club and Eastlake Swim Team merged to become one of the strongest teams in the county. Together they provide over 50 years of swimming excellence in the South Bay Communities of including Chula Vista, National City, Eastlake, Bonita, Rolling Hills Ranch, Otay Ranch and other areas down to the U.S./Mexico border.

The South Bay Aquatics USA swimming program provides a unified multi-pool environment conducive to training and quality instruction allowing athletes to systematically progress from novice to national caliber levels. Our dedicated and trained coaching staff and parental participation instill in our athletes at all levels positive lifelong values based on teamwork, self-discipline and health competition.

SBA's swim program groups its members based on age and ability. Proper technique and education about the sport is the foundation upon which we base our practice groups: Novice (Bronze), Jr. Age Group (Silver), Advanced Age Group (Gold), Senior Groups (Sr. Silver, Sr. Development, Sr. Gold). As a swimmer develops certain skills, training and conditioning are introduced and increased at levels appropriate for each individual's age and maturity. SBA is a member of the San Diego-Imperial Swimming LSC and USA Swimming.

Qualifications

All swimmers must be at least 6 years of age. Qualification standard consists of a 50 yard swim with face in the water, an over water arm recovery without stopping or using any assistance. (Swimmers not able to complete the test successfully will be referred to a lessons program.)

Staff

The coaching staff are all USA Swimming certified coaches. Coaches are dedicated to promoting proper competitive swimming stroke techniques, physical fitness and preparation for competing in swim meets.

Competitions

Swimming competitions are always against similar age and ability levels. SBA offers a beginning level unofficial meet series within our own organization for Novice swimmers. As they become ready, swimmers are encouraged to enter C, B, and A level swim meets hosted by many teams throughout San Diego County on weekends.

How to Join

Step 1

All swimmers must go to one of our locations to test. Testing is on Mondays at 5pm at Loma and Fridays at 5pm for Mater Dei. (See above for qualification standards).

Step 2

Upon passing the swim test, you must create an account and register your swimmer online at www.southbayaquatics.org at which time you will pay a one time \$25 registration fee.

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The registration covers a consecutive 2 week trial period whereby the swimmer and parents can "try-out" the program to see how SBA works.

Step 4

Continuing with SBA after trial period: All SBA swimmers MUST be registered with USA Swimming to continue after the trial period. The card MUST be issued within 30 days of TESTING. A welcome email will be sent to you during the trial period which contains a welcome packet as well as information on how to register with USA swimming and documents required.

Step 5

Depending on when your swimmer starts the 2 week trial, the monthly fees for the remainder of the month are prorated and payable upon the completion of the trial period. Accounts are required to have a credit/debit card on file for payments and the full monthly fees are charged on the 1st day of each month. On the 10th day of the month, all unpaid fees are subject to a 10% late fee.

ADDITIONAL INFORMATION

SBA is a parent run non profit organization and as such relies heavily on parent involvement. To keep monthly fees as low possible, SBA hosts 4-6 swim meets each year to generate revenue. Parents are required to volunteer at these meets in addition to volunteering (timing) at away meets when your swimmer competes.