



# San Diego Aquatic Club Pre-Competitive Summer Swim Teams

[www.swimsdac.com](http://www.swimsdac.com)

**Dates: June 17—August 2, 2019** (no practice on July 4th)

**Time: Monday thru Friday**

**Time: 3:00— 4:00pm**

**Location: Rancho Bernardo High School pool**

**Cost: \$300** (checks payable to SDAC)

NO REFUNDS NO MAKE-UPS NO CREDITS

**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. You may register for one team only, and must practice during the time you registered for. All practices are coached by a certified United States Swimming coach.

During the summer, the teams will be competing with each other and other area swim teams in a series of swim meets. These meets provide the swimmers an opportunity to have fun while utilizing their newly developed swimming skills. All participants will receive a team t-shirt and swim cap.

**Register  
Early!**

Registration Begins on  
May 6th

You may register through mail or in-person Monday—Friday from **4:00—**

**7:00 pm** at the pool office of Rancho Bernardo High School pool .

Enrollment is based on a first come, first-served basis. In an effort to balance team size and meets, teams will be limited to 50 swimmers.

**Mail completed registration forms with  
payment to:**

San Diego Aquatic Club  
P.O. Box 503624  
San Diego, Ca 92150-3624

Download Registration forms at  
[www.swimsdac.com](http://www.swimsdac.com)

For more information, please call  
(858) 254-2233.

\*\*\*Note: In case of pool closure due to lightning or fecal accident, there are no refunds, no credits, no make-ups, no rec. swim passes given\*\*