



VALLEJO AQUATICS

PRE-TEAM SWIM PROGRAM

SUMMER PRE-TEAM SWIM PROGRAM 2018 (May 1st –Oct 30th 2018)

Vallejo Aquatics is excited to offer the Summer Pre-Team Swim Program; designed for beginner level swimmers wanting to join and be part of the swim team. This program is the perfect way to learn to swim and get swim team ready. Our professional coach staff will teach you to:

- Swim a length of the pool (25 yards) freestyle using side breathing
- Swim a length of the pool (25 yards) backstroke without stopping
- Learn the basics of breaststroke
- Learn the basics of butterfly
- Learn a front somersault
- Learn a head first dive

Requirements:

Must be able to swim a length of the pool (25 yards) and be comfortable in the deep end.

Dates:

Session #1 - May 1st – May 31st 2018 (No Class May 21st , May 28th)

Session #2 - June 4st- June 27th 2018 (No Class June 26th & 28th)

Session #3 - July 2nd – July 31st 2018 (No Class July 4th & 10th)

Session #4 - Aug 1st – Aug 30th 2017 (No Class Aug 30st)

Session #5 - Sept 4st- Sept 28th 2017 (No Class Sept 3th & Sept 27th)

Session #6 - Oct 1st – Oct 30th 2017 (No Class Oct 22nd , Oct 25th & Oct 31st)

Schedule:

6:00-6:45pm Monday-Thursday

Fees:

\$80 per month

\$45 Pacific Swimming Summer Registration Fee (onetime fee, good for entire summer)

Location:

Practices are held at the John F. Cunningham Aquatics Complex at 801 Heartwood Ave. Vallejo CA, 94591.

Summer Pre-Team Swim Program:

The 2018 Summer Pre-Team Swim Program offers daily swim training (Mon-Thurs). There are three Summer Sessions; Session #1 May 1st – May 31st 2018, Session #2 June 4th - June 27th 2018 and Session #3 July 2nd – July 31st 2018. There is no family registration fee and no volunteer hours required for this swim program. When swimmers graduate the Pre-Team Program they are ready to join the swim team!

To Register:

Contact Jennifer Thiem (Head Swim Coach) to schedule a try-out. Try-outs are done by appointment most days of the week at @5:00pm.

Jenniferthiem@vallejoaquatics.org

(707)553-SWIM