



VALLEJO AQUATICS

PRE-TEAM SWIM PROGRAM

SUMMER PRE-TEAM SWIM PROGRAM 2019 (June 3rd –Oct 30th 2019)

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 and 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 - June 3rd - June 26th 2019 (No Class June 27th)

Session #2 - July 1st – July 31st 2019 (No Class July 4th & 25th)

Session #3 - Aug 1st – Aug 29th 2019 (No Class Aug 29th)

Session #4 - Sept 3rd - Sept 30th 2019 (No Class Sept 2nd & 26th)

Session #5 - Oct 1st – Oct 30th 2019 (No Class Oct 24th & Oct 31st)

Schedule:

6:00-6:45pm Monday-Thursday

Fees:

\$80 per month

\$45 Pacific Swimming Summer Registration Fee (one-time 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 2019 Summer Pre-Team Swim Program offers daily swim training (Mon-Thurs) from 6-6:45pm.

There are five sessions total. 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