

# FLYING GULL AQUATIC CLUB DEVELOPMENTAL SQUAD

Fairland Aquatic Center  
13820 Old Gunpowder Road  
Laurel, MD 20707

FGAC's Developmental Squad is aimed at novice to intermediate swimmers ages 6-16 yrs, who are looking to improve stroke technique and training skills in a non-competitive program. It is designed to supplement participation with other teams, such as summer league and high school, or to serve as a bridge to competitive swimming.

Getting results means serving each swimmer, so we start by keeping the roster manageable. We explore techniques from the most elemental of hydrodynamics to the most advanced of competitive strokes. Swimmers build aerobic fitness with a balanced approach to endurance and speed.

Applicants have a choice of 2 sessions: Fall and Winter. You can register for both at once at a discount or on a session by session basis. Participants are required to become members of USA Swimming as a part of program registration.

Classes are divided into two levels according to age and ability, each offering a challenging and fun learning environment. Whether just beginning to experience the joy of swimming or looking to further develop skills for other venues, we've got it covered.

## MINIMUM CRITERIA

Must able to complete at least 25 yards continuously and tread water for 30 seconds.

## PROGRAM SCHEDULE

### **Sundays 11:30 am-12:45 pm**

Fall session Sunday 10/2/2011 – Sunday 11/27/2011

Tentative dates: 10/2, 10/9, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27

Winter session Sunday 1/8/2012 – Sunday 3/4/2012

Tentative dates: 1/8, 1/15, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4

These dates are subject to change based on facility closures. We may have to hold one practice per session at our second practice facility, Takoma Pool, which is just south of Silver Spring.

## PROGRAM FEES

### **Both Sessions \$200.00**

This fee represents a \$50.00 discount by pre-registering for both sessions. Full or half payment is due by first practice 10/2/2011.

### **Fall Session \$125.00**

Payment is due by first day of practice 10/2/2011.

### **Winter Session \$125.00**

Payment is due by first day of practice 1/8/2012.

## USA SWIMMING MEMBERSHIP & FEE

### **Annual USA Swimming Fee - \$75.00**

In addition to Program Fees, there is a one-time, annual fee for USA Swimming membership. Membership is primarily for insurance purposes. Members also receive a monthly USA Swimming magazine.

**FOR REGISTRATION GO TO [WWW.FGAC.ORG](http://WWW.FGAC.ORG) AND FILL OUT AN ONLINE APPLICATION FORM IN THE 'NEW MEMBERS' SECTION. PLEASE INDICATE DEVELOPMENTAL SQUAD AND WHICH SESSION(S).**

*Flying Gull Aquatic Club*

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