

FLYING GULL AQUATIC CLUB TRAINING SQUAD

Prince George's Sports & Learning Complex
8001 Sheriff Rd, Landover MD 20785

FGAC's Training Squad is aimed at intermediate swimmers ages 9-16, who are looking to improve stroke technique and training skills in a non-competitive program. Generally, it is designed to supplement participation with other teams, such as summer league and high school.

Getting results means having a plan. We start by keeping the roster small. 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 3 sessions: Fall, Winter and Spring. You can register for all at once, at a discount of \$50, or on a session by session basis. Participants are required to become members of USA Swimming as a part of program registration.

Come join us! Our staff has over 50 years of combined coaching experience and a proven track record. We offer a challenging and fun learning environment tailored to the developing swimmer. Whether for sport or fitness, we've got it covered.

PROGRAM SCHEDULE

Monday 4:30-6:00 pm & Wednesday 7:00-8:30 pm

Fall session	Monday 10/5/09 – Wednesday 11/25/09
Winter session	Monday 1/4/10 – Wednesday 2/24/10
Spring session	Monday 4/19/10 – Wednesday 5/26/10

PROGRAM FEES

All Sessions \$500.00

This fee represents a \$50.00 discount by pre-registering for all sessions
Full or half payment is due at first practice 10/5

Fall Session \$200.00

8 weeks session - Payment is due by first day of practice 10/5/09

Winter Session \$200.00

8 week session - Payment is due by first day of practice 1/4/10

Spring Session \$150.00

6 week session - Payment is due by first day of practice 4/19/10

REGISTRATION

Annual Registration Fee - \$100.00

In addition to Program Fees, there is a one-time, annual fee for USA Swimming membership and an FGAC t-shirt and swim cap. USA Swimming membership is primarily for insurance purposes.

FOR REGISTRATION GO TO WWW.FGAC.ORG AND FILL OUT AN ONLINE REGISTRATION FORM. PLEASE INDICATE TRAINING SQUAD AND WHICH SESSION(S).