

FLYING GULL AQUATIC CLUB
SPRING SWIM SCHOOL 2012
Fairland Aquatic Center
Thursday, April 12th – Thursday, June 7th

SWIM SCHOOL is a lesson program designed to teach the essential mechanics of competitive swimming in a non-competitive, playful environment. Our goal is for each swimmer to acquire and refine a framework of skills that is well suited to his or her physiology and level of involvement. The program is aimed at ages 12 and under.

Level 1 – Fundamentals of Swimming
Level 2 – Fundamentals of Competitive Stroke Mechanics
Level 3 – Advanced Stroke Mechanics

ELIGIBILITY

Minimum eligibility requires participants be able to swim 25 yards continuously and tread water confidently for 30 seconds. All participants must be current members of USA Swimming. Students may join USA Swimming as part of their enrollment.

PLACEMENT

Current FGAC swim team & Dsquad members will be placed prior to the first class. All others must be evaluated prior to or on the first night of class. Class size is targeted to the following:

Level 1 – 8 students
Level 2 – 12 students
Level 3 – 15 students

WEEKLY SCHEDULE

Level 1 Thursday 5:30-6:15 pm
 Sunday 12:00-12:45 pm
Level 2 Thursday 6:15-7:00 pm
 Sunday 11:15-12:00 pm
Level 3 Thursday 7:00-7:45 pm
 Sunday 10:30-11:15 am

CLASS DATES

Thursdays 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7
Sundays 4/15, 4/22, 5/6, 5/27, 6/3

PROGRAM FEES

FGAC Registered Athlete - Level 1 Pre paid as part of team registration
FGAC Registered Athlete – Levels 2, 3 & Dsquad \$100
Non-FGAC, USA Swimming registered athlete \$175
Non-FGAC, Non-USA Swimming registered athlete \$250*
*Includes \$75 for PVS/USA Swimming membership

REGISTRATION

First come, first serve. Go to www.fgac.org to fill out an online registration form. Non FGAC members are encouraged to email fgac@earthlink.net to confirm and arrange for evaluation