

FLYING GULL AQUATIC CLUB DEVELOPMENTAL SQUAD

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

FGAC's Developmental 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 with a roster limit. We explore techniques from the most elemental of hydrodynamics to the most advanced of competitive strokes. Swimmers develop aerobic capacity 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. For insurance purposes, 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 with programs in MD, DE, NJ, FL and AZ. We offer a challenging and fun learning environment tailored to the developing swimmer. Whether for sport or fitness, we've got it covered.

Weekly practices

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

Registration Fee

One time, annual fee covering USA Swimming membership and an FGAC swim cap
\$100.00

Early Registration

August 1st - August 15: For "All Sessions" registrations only

All Sessions

Pre-register for all sessions at Early or Fall registration period
\$500.00 - due by first practice of Fall (can be made in two payments)

Fall (8 weeks)

Registration period: August 16th - September 15th
First practice: Monday, October 6th Last practice: Wednesday, November 26th
\$200.00 - by 10/6

Winter (8 weeks)

Registration period: November 15th - December 15th
First practice: Monday, January 5th Last practice: Wednesday, February 25th
\$200.00 - by 1/5

Spring (6 weeks)

Registration period: March 15th - April 15th
First practice: Monday, April 20th Last practice: Wednesday, May 27th
\$150.00 - by 4/20

IMPORTANT

If registering on a session by session basis, you must re-register.
The roster is limited to 24 on a first come, first serve basis. Register early!

REGISTRATION

**Go to www.fgac.org and fill out an online registration form during the registration period.
Indicate Developmental Squad "All sessions" or "Current session only."**