

Swim Team

Swim Team is designed for children who can complete 25 yards of backstroke and freestyle and wish to advance their competitive swimming skills. As a member of the swim team, your child will be exposed to the following fundamentals of competitive swimming:

- Learn advanced stroke drills
- Improve technique and feel for the water
- Gain endurance
- Participate in competitive swim meets
- Develop mental stamina and confidence

Practice Times

Novice Group: *Ages 5-9*

Tuesday, Thursday & Friday 3:45-4:45 p.m.

Age Group: *Ages 10-14*

Tuesday, Thursday & Friday 3:45-5:00 p.m.

Each practice session begins with a 15 minute dry-land warm-up designed to increase strength, balance and flexibility.

Swim lessons, swim team, and water polo will be cancelled when 4J schools are cancelled *due to weather*.

Rate Information

Members: \$30 per month

Non-members: \$45 per month

Monthly fees are due on the 2nd Tuesday of every month.

USA Swimming Registration: \$50 per year

**USA Swimming provides athletic insurance to USA sanctioned teams and athletes.*

Coach

Meredith Verberkmoes - bio coming soon!

Water Polo

The DAC Water Polo team is designed as an introduction to competitive water polo. The focus is on the fun and fundamentals of water polo - passing, catching, shooting, and sportsmanship. Water Polo is a fast-paced, dynamic sport and is great for any child who enjoys swimming but is looking for something different. Participants must be able to swim 25 yards of the pool.

Practice Times (Beginning September 13)

Monday & Wednesday 4:00-5:00 p.m.

Ages 8-14

Swim lessons, swim team, and water polo will be cancelled when 4J schools are cancelled *due to weather*.

Rate Information

Members: \$20 per month

Non-members: \$30 per month

Monthly fees are due on the 2nd Tuesday of every month.

Coach

Ron Thompson - bio coming soon!

Come try us out! The first week is free! For more information please contact Trevor Hoke at 484-4011 ext. 237.



September YOUTH AQUATICS CALENDAR 2010

Try us out! The first week is FREE!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

29	30	31 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	1	2 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	3 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	4
5	6 CLOSED	7 NO SWIM TEAM PRACTICE <i>Practice will resume Monday, August 31</i>	8	9	10	11
12	13 <i>Water Polo</i> 4:00 - 5:00	14 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	15 <i>Water Polo</i> 4:00 - 5:00	16 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	17 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	18
19	20 <i>Water Polo</i> 4:00 - 5:00	21 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	22 <i>Water Polo</i> 4:00 - 5:00	23 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	24 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	25
26	27 <i>Water Polo</i> 4:00 - 5:00	28 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	29 <i>Water Polo</i> 4:00 - 5:00	30 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	1 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	2

Novice Team: Ages 5-9

Age Group: Ages 9-15

Dues:

Swim Team - \$30 members, \$45 non-members

Water Polo - \$20 members, \$30 non-members

Payment Due 9/14/2010

