

AQUATICS/SWIM

SEASONAL SWIM TEAM / FALL 2010

WHAT This is a 9 week developmental program ideal for entry level swimmers and is designed to introduce swimmers into the competitive scene. We focus on stroke technique, endurance and positive self image through a non-stress, supportive team environment.

WHEN September 14 – November 11
All ages practice 5:30-6:15 Tuesday, Wednesday and Thursday

WHERE 8-Lane pool

HOW Register with the concierge.

WHO There are no try-outs, but the swimmer must be able to swim $\frac{3}{4}$ of the length of the pool.

COST Members First child - \$175.00 Non-Members \$230.00
Second child - \$150.00
Third child - \$12500

CONTACT Phone: (985) 626-3706 ext. #104
E-Mail: swim@thepac.com

MORE INFO This program will have 2 fun swim meets and a party at the end.



PELICAN
ATHLETIC CLUB