

# Dolphins Pre-Team, Sept. 5th- Sept. 28th, 2017

This program is designed for swimmers desiring to join our Dolphins Swim Team but aren't quite ready to make the jump. Focus will be on breathing techniques, stroke development and endurance.

Swimmers must be comfortable in 9 feet of water, know how to tread, and be able to swim freestyle and backstroke the length of the therapy pool without stopping. Come out and join the FUN!

Practices will be held Sept. 5th- Sept. 28th, 2017

FIRST Practice: Sept. 5th, 2017

Ages: 5-18 years

Practice Days: Tuesday & Thursday

Practice Time 4:00pm-4:45pm

Fees: AFC Member: \$30.00 per month

Non-Member: \$45.00 per month

For more information contact:

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