



Capital of Texas Aquatics

Get a “ Head Start” on Summer Swim Team!!

Come get in shape for summer league swimming ahead of the crowd! Practices for all levels are held at the convenient Great Hills Country Club heated pool, just 2 minutes from the Arboretum.

Three groups designed to meet the needs of different ability levels:

- Frogs:** for new swimmers unable to swim 25 meters unassisted; focuses primarily on freestyle and backstroke. Two 30 min. sessions/ week (M/W, or T/Th), 3:30-4:00 or 4:00-4:30 pm. \$60 total, instructors will be in the water with swimmers.
- Dolphins:** for more experienced swimmers able to swim 25 meters unassisted on front and back; focuses on all four competitive strokes, flip turn basics and starts. Two hours total/week (M/W, or T/Th). \$85 total, 3:30 – 4:30 pm
- Barracudas:** older and/or experienced summer league swimmers proficient in all four competitive strokes; focuses on getting swimmers back in shape before summer league begins. Practice daily 4:30 – 5:30 pm Mon. – Fri. and 10 – 11 am Sat., \$120, coached by the COTA coaches!

Program Dates: Monday, April 5th through Thursday, April 29, 2010

Coaches will assess swimmers at the beginning of the program for appropriate group placement.

	Mon	Tues	Wed	Thurs	Fri	Sat
Frogs	A 3:30 -4:00 B 4:00-4:30	C 3:30 -4:00 D 4:00-4:30	A 3:30 -4:00 B 4:00-4:30	C 3:30 -4:00 D 4:00-4:30		
Dolphins	A 3:30 -4:30	B 3:30 -4:30	A 3:30 -4:30	B 3:30 -4:30		
Barracudas	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	10:00-11:00

How to register:

- Download registration forms from our website: www.capitaloftexasaquatics.com
- Mail completed forms and payment to the address provided, by March 30th.

Please email your questions to : admin@capitaloftexasaquatics.com.

Private lessons from COTA Coaches are also available on weekends. To request private lessons, please email admin@capitaloftexasaquatics.com.

www.capitaloftexasaquatics.com

