

IMPORTANT! KEEP THIS ALL SEASON!



Swim Skills and Drills: Session Two

Join FVSRA swim instructors in a small group setting at the Vaughan Athletic Center Pool. This program is designed for individuals in individual swim lessons or on the FVSRA Swim Team. Athletes must be able to swim independently in the pool. **The goals of this program are to stay in shape, perfect swim strokes and improve swim times.**

Program Leader:	Mary Kay Bakken
Program Liaison:	Alex Redenius
Location:	VAC Competition Pool
Date(s):	Fridays, Apr 13-May 11
No Program Dates	
Time:	8:00pm-9:00pm
Program Code:	312-8001-3-5

Location	Pick Up	Drop Off
If meeting at the Site,	8:00pm	9:00pm

Notes:

- Please be dressed and ready to get in the pool at the start of the program.
- FVSRA reserves the right to determine if a swimmer's abilities are appropriate for the program.

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