



# **VAUGHAN AQUATIC CLUB**

[www.vaughanaquaticclub.com](http://www.vaughanaquaticclub.com)



## **FREE TRYOUT – THORNHILL BRANCH**

**NORTH THORNHILL C.C.**

**300 Pleasant Ridge Ave. Thornhill ON L4J 9B3**

**WEDNESDAY SEPT. 9**

**6:00 p.m. to 7:00 p.m.**

**Swimmers age 8 – 10 completed Red Cross Level 9 or Lifesaving Rookie/Ranger**

**The goals of our Competitive Swimming Program are:**

- \* Improve swimming technique and learn to swim more efficiently**
- \* Learn and practice competitive swimming starts, turns & race strategies**
- \* Learn to stretch in order to improve flexibility**
- \* Have fun while learning to swim well**
- \* Compete against other swimmers and clubs**
- \* Develop team spirit**

**SWIMMERS PLEASE BE ON THE POOL DECK AT 5:55 P.M. WITH SWIM SUIT AND GOGGLES READY TO SWIM!**

**PARENTS CAN WATCH THE TRYOUT FROM THE VIEWING GALARY.  
COACH'S BRIEFING AFTER TRYOUTS**

**REGISTRATION FOR SELECTED SWIMMERS IN ART ROOM  
7:00 – 8:00 P.M.**