

# Splash into Summer with Swim Club

*A great swimming opportunity for kids ages 5 to 18 years.*

**McLeod Health and Fitness Center is sponsoring the  
Florence Summer Swim League.**

As part of the swim club, swimmers can choose to compete in fun and exciting local swim meets, concluding with a championship swim meet at MH&FC. Each practice focuses on technique and endurance, as well as having fun.

**Practices begin Wednesday, June 2, 2010.**

**Season ends with a Championship Swim Meet on Saturday, July 17.**

## Jr. Swim Club

- Ages 5 - 8
- Swimmers must be able to swim 25 yards (length of multi-purpose pool) using any stroke
- Led by Coach Dawn
- Monday/ Wednesday/ Friday 11 a.m.- 12 p.m. or 5 p.m. - 6 p.m.

## Swim Club I

- Ages 6 - 14
- Swimmers must be able to swim 50 yards (2 lengths of multi-purpose pool) using two different strokes
- Led by Coach Dawn
- Monday/ Wednesday/ Friday 10 a.m. - 11 a.m. or 6 p.m. - 7 p.m.

## Swim Club II

- Ages 10 - 18
- Swimmers must be able to swim 200 yards (8 lengths of multi-purpose pool)
- Led by Coach Charlie
- This group is for swimmers who want to be challenged with a swim workout
- Monday/ Wednesday/ Friday 4 p.m. - 5 p.m.

Cost for the 7 week season includes swim cap, t-shirt, meet awards, and end of season award.

### Cost for all three groups:

1 day/ week	\$50/ members & \$65/ nonmembers
2 days/ week	\$90/ members & \$120/ nonmembers
3 days/ week	\$125/ members & \$170/ nonmembers

**For more information or to register,  
call McLeod Health and Fitness Center Aquatics at 777-3121. Space is limited.**

**McLeod**  
Health & Fitness Center