

Do you want your child to do **Junior Lifeguards** this summer?

Bring them to:

SPLASH AQUATICS

Get in shape for 2012 tryouts!

Hard Work + Determination = Success

- Sign up your child early, don't wait until the last minute.
- Work-outs designed to help your child pass Junior Guard tryouts.
 - Learn proper stroke technique and turns.
 - Improve their cardiovascular conditioning.
- Weekly timed testing to assess their progress.

Junior Lifeguard Prep

Winter	1/4/ to 3/9	\$299
Spring 1	3/12 to 5/25	\$299
Spring 2	4/9 to 5/25	\$255

*You may also join earlier (call for information)

Where: Estancia High School in Costa Mesa, 2323 Placentia Ave

When: Monday thru Thursday 7:30 – 8:30 p.m. &
Friday 7:00 to 8:00 p.m. (Testing only)

* Not mandatory to attend all 5 work-outs each week, times subject to change.

Winter program will accept the first 30 participants.

Spring program will accept the first 80 participants.

Sign-up:

Register ahead of time and secure your child's spot.

- All swimmers will receive a cap and goggles on their first day of workout. Swimsuit must be worn at practice.
- Additional caps and goggles may be purchased for \$4 at the pool deck.

SPLASH AQUATICS

Member of:

UNITED STATES SWIMMING
SOUTHERN CALIFORNIA SWIMMING
and the
ORANGE COUNTY SWIM CONFERENCE

For Further information

Contact:

Cynthia Bandaruk

(Head Swim Coach)

(714) 775-0212

or

Email: coachcynthia@splashaquatics.com

- check us out on the web at www.splashaquatics.com
- download team registration card
- register ahead of time on Deck or by mail.