



P.O. Box 83 Glenside, PA  
19038  
phone # 215-914-1100 Team

Celebrating our 40<sup>th</sup>  
year!

## 2010 Summer Swim Program

**Designed for the competitive swimmer. Option to participate in summer USS long course meets.**

- Focus will be on advanced swimmers beginning at ages 6, proficient in the four basic strokes and able to swim 25 yards;
- Prepare for summer meets, continuation of year-round training, or prepare for the Fall/Winter swim season; experience swimming in a long course meet
- Small group size designed to enhance the learning experience
- Focus will be on improving and strengthening the four basic strokes: freestyle, backstroke, butterfly and breaststroke, as well as improving techniques related to swimming starts and turns

**Where:** Arcadia University Pool, 450 S. Easton Road, Glenside, PA

**When:** June 7<sup>th</sup> through July 29<sup>th</sup>, 2010  
Bronze & Silver Groups – 6:00-7:00  
Gold & Elite Groups 6:00 – 7:30



**Cost::** Bronze & Silver Groups

Option 1 - June 7<sup>th</sup> - June 24<sup>th</sup> \$75.00 for three (3) week session \*3x a week

Option 2 – June 7<sup>th</sup> – July 29<sup>th</sup> \$160.00 for eight (8) week session \*3x a week

\*Monday, Tuesday and Thursday

Gold & Elite Groups

Option 1 – June 7<sup>th</sup> - June 24<sup>th</sup> \$105.00 for three (3) week session 4x a week – extra fee for attendance at June 5<sup>th</sup> & 6<sup>th</sup> meet

Option 2 – June 7<sup>th</sup> – July 29<sup>th</sup> \$185.00 for eight (8) week session 4x a week through June 18<sup>th</sup>; \*3x a week for remainder of session – No Meets

Option 3 – June 7<sup>th</sup> – July 29<sup>th</sup> \$250.00 for eight (8) week session 4x a week through June 24<sup>th</sup>; \*3x a week for remainder of session with two meets June 5<sup>th</sup> and 6<sup>th</sup> and July 9<sup>th</sup> – 11<sup>th</sup>

\*Monday, Tuesday and Thursday

**\*\* Weekly sessions are available beginning week 4 - \$40 per week – extra fee for attendance at meets**

**[An annual \$57 United States Swimming (USS) fee is required if not previously registered for the 2009-2010 season]**

**Registration: 6:15-7:30 Tuesday. 4/27, Thursday 4/29 and Monday 5/3 at Cheltenham H.S.  
Pool Balcony (forms available at [www.swim4cac.org](http://www.swim4cac.org))**

**LIMITED SPACES AVAILABLE! Questions? E-mail : [info@swim4cac.org](mailto:info@swim4cac.org)**