

REGISTER ONLINE!



# Summer SWORDFISH SWIM TEAM

JUNE 6 - JULY 28

Laurel Oak Swordfish Swim Team is a great developmental swim program offering seven weeks of introductory swimming techniques and aerobic exercises in a fun, semi-competitive environment. The goal is to see continued improvement, in both mental and physical capacities. Swimmers should come to each practice with a swimsuit, towel and goggles. Swim caps are required for girls and all swimmers on swim meet days.

## LAUREL OAK JUNIOR SWORDFISH

Monday - Thursday, June 6 - July 28\* | 8:00 - 9:00 AM

Designed for kids ages 5 - 9 years old who are still learning the four fundamental swimming strokes: freestyle, breaststroke, backstroke and butterfly. The entry requirement for this group is to be able to swim the entire length of the 25-yard pool unassisted, and have the ability to follow instructions from the Swim Coaches on deck.

## LAUREL OAK SWORDFISH

Monday - Thursday, June 6 - July 28\* | 8:45 - 9:45 AM

Designed for kids ages 9 years and older who already know and can demonstrate the four fundamental swimming strokes, with side-breathing in freestyle and chin-up with ears fully submerged in the backstroke. Some exceptions may be made for swimmers younger than age 9 in this group, however, they must have swum with the Laurel Oak Swordfish previously and meet all entry requirements.

**\*NO PRACTICE during the week of July Fourth.**

Swimmers will have the opportunity to swim at meets throughout the summer against other local teams. These dates and times are still TBA, however, please plan on 1-2 meets for both June and July.

**\$325 PER MEMBER | \$400 PER GUEST**



*Laurel Oak*  
COUNTRY • CLUB

LIMITED SPACE AVAILABLE. REGISTER ONLINE AT [WWW.LAURELOAK.COM/AQUATICS](http://WWW.LAURELOAK.COM/AQUATICS).

Registration opens to Members on April 1 and opens to Guests on May 1.

Registration, Waiver of Liability and payment is due by June 6.

For more information, contact: Liz Noonan: (941) 377-6161 or [LNOONAN@LAURELOAK.COM](mailto:LNOONAN@LAURELOAK.COM)

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