



Los Gatos Swim and Racquet Club

14700 Oka Road

Los Gatos, CA 95032

Call (408) 356-2136 or E-mail swimteam@lgsrcc.com

2017 Pre-Season Swim Team

Los Gatos Aquatics is a competitive Year- Round USA Swimming Team. Our goal is to help every swimmer develop a love for the sport of swimming, for our swimmers to be confident and independent, and to help swimmers understand, create, and reach personal goals. Our swim team has been recognized as a Level 1 Swim Team by USA Swimming. We encourage our Year-Round Swim Team Members to participate in the United States Swimming (USS) competition program where they will travel to various competitive meets within the Bay Area. Our Year-Round Swim Team steps up the competition from Summer Swim Team. We believe in well-balanced, challenging workouts that include technique, endurance, and strength building exercises. We believe that "fun" is what keeps swimmers happy and keeps them improving.

Pre-Season Swim Team is a great opportunity for member swimmers to get a head start and improve their stroke technique before Summer Swim Team begins. Participants must be able to swim the length of the training pool with side breathing and without stopping. Pre-Season will consist of three groups and practice times; these groups will be divided by age, ability, and past swimming experience.

Dates: Monday, March 27, 2017 - Friday, April 21, 2017

Days: Monday - Friday

Times: 10 Years and Under: 4:30pm - 5:30pm

11 - 18 Years: 5:30pm - 7:00pm

Fees: \$130.00 First Swimmer

\$110.00 Each Additional Swimmer

Please note that participation in Pre-Season Swim Team does not change your priority status regarding Summer Swim Team.

Accepted forms of payment include cash, check, credit card, or charge to membership account.

